Hafa Adai!

Saipan Tribune

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Public comments sought on new rules for hiring CWs. PAGE 3

5 'furloughed' Customs officers reinstated. PAGE 5

75¢

2 more COVID-19 cases in NMI

By JUSTINE NAUTA
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REPORTER

Two more persons—a man and a woman—tested positive for coronavirus last May 16, boosting the CNMI's total number of cases to 21.

Also, starting today, May 18, 2020, most government offices will be open for a half day, from 8am to 12pm.

The two new cases, a 31-year-old male and a 22-year-old female, were identified through contact tracing

See 2 MORE on Page 4

How are vendors for COVID-19 operations chosen?

» GAR response: Get it where you can

By IVA MAURIN
iva_maurin@saipantribune.com
REPORTER

In sourcing for vendors for the CNMI's COVID-19 response operations, they get it where they can.

That's according to Patrick Guerrero, the Governor's Authorized Representative, at a hearing conducted by the House Special Committee on Federal Assistance and Disaster Related Funding last week.

In cases of immediate emergency, this is usually practiced for just up to the first two months only, he added.

This is in response to an

See HOW on Page 4

SITE TOUR
Members of the CNMI Legislature check out Friday the Alternative Care Site being built at the Kanoa Resort in Susupe.
IVA MAURIN

Story on Page 2

AT A GLANCE

As of 7pm, May 17, 2020

GUAM	OLD	NEW	TOTAL
Positive	154	0	154
Recovered	124	0	124
Active	25	0	25
Deaths	6*	0	6*

SAIPAN	OLD	NEW	TOTAL
Positive	19	2	21
Recovered	12	0	12
Active	5	2	7
Deaths	2	0	2
Cumulative Number of Persons Tested			3,339

*Total includes a sailor from the USS *Theodore Roosevelt.*

Source: Joint Information Center - Guam, Commonwealth Health Care Corp.

5th month under state of emergency

By IVA MAURIN
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REPORTER

The CNMI remains under a State of Public Health Emergency, and continued Significant Emergency, following Gov. Ralph DLG Torres' issuance of Executive Order No. 2020-10 last Friday, May 15, extending the original emergency declaration to its fifth straight month, due to the COVID-19 pandemic. The order will remain in effect for 30 days or until June 2020.

See 5TH on Page 4

Auditor: IPI underpaid some workers

By FERDIE DE LA TORRE
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REPORTER

An independent auditor that's been hired to check if Imperial Pacific International (CNMI) LLC is complying with labor laws is not seeing eye to eye with IPI in how to interpret the law governing prevailing wages.

That conflict has prompted accounting firm Burger Comer Magliari to report to the U.S. District Court for the NMI last Thursday that it now believes that IPI's foreign workers and some U.S. workers were underpaid from Oct. 1, 2019, until their pay rates

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INSIDE

LOCAL
The Tan Siu Lin Foundation donates over $18,000 worth of goods to Empty Vessel Ministry.

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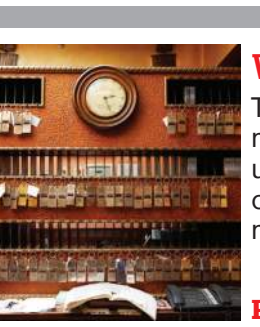
BUSINESS
Fork & Spoon: House of Sizzling is looking to a rebound after it reopened for take-outs.

PAGE 11



WORLD
The Italian government announced Saturday that it will throw open its borders next month.

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SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

Local

IN TOUR OF KANOA RESORT

Lawmakers hoping for a more permanent facility

By IVA MAURIN
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REPORTER

Lawmakers check out Friday the Alternative Care Site being built at the Kanoa Resort in Susupe.
IVA MAURIN

Lawmakers expressed hope Friday for a more permanent facility in the CNMI during a tour of the Alternative Care Site that is in the middle of being built at the Kanoa Resort in Susupe.

The site—intended to treat persons under investigation for COVID-19 and houses, among others, a pharmacy, staff room, and a zone for patients with active cases—is expected to be completed this Friday, May 22.

While impressed with the site, House Health Committee chair Rep. Jose Itibus (R-Saipan) hopes that the community actually never gets to use the facility.

The site is being built to handle any possible spike in the number of coronavirus cases in the CNMI, as means not to overwhelm the lone hospital on Saipan, the Commonwealth Health Center. The CNMI currently has seven active cases, with 21 cases overall, which is relatively low compared with the rest of the world.

"I'm hoping that in the end, we're not going to use these facilities. I'm not excited because we have this facility. I'll be more excited if we don't use these facilities," Itibus said.

While recognizing that there is an agreement between the federal government, the CNMI government, and the hotel owners on the use of the facility as an Alternative Care Site, Itibus said it would be a great idea if the facility could be converted later into a government clinic facility.

Echoing this concern is Rep. Ralph Yumul (R-Saipan), who, while impressed by the size of the facility, also hopes for a more permanent similar facility in the CNMI.

"I brought up the concern of an actual permanent site rather than spending all this amount of money, just for [a] temporary [site]. We don't know how long [the pandemic] is going to last so my concern is, basically, the future, beyond July, December, [or] whatever that date is," Yumul said.

At the tour, lawmakers were able to raise questions with COVID-19 Task Force chair Warren Villagomez, governor's authorized representative Patrick Guerrero, Helios Energy Group president Jesse V. Sablan, GUMA Architects LLC's Samuel McPhetres, and TanHoldings vice president Alex Sablan.

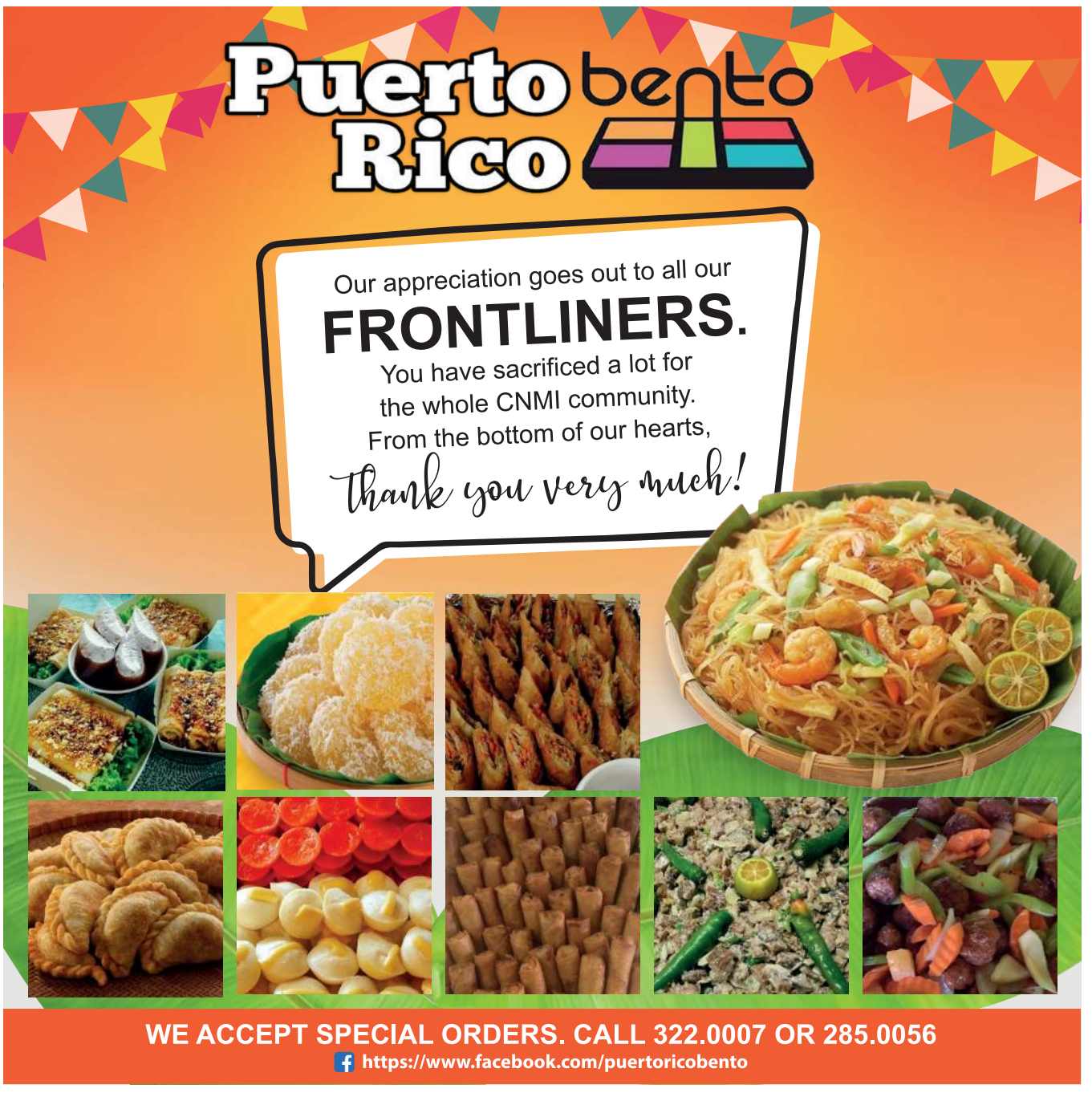
Rep. Tina Sablan (Ind-Saipan) said that the tour was informative and that she appreciated the opportunity to tour the facility, and to ask questions.

For Senate vice president Jude Hofschneider (R-Tinian), the facility is a "display of cooperation at the ultimate level."

"Based on what we hear from the engineers, and the chairman of the Task Force, the governor's authorized representative, and of course, the property operator, it appears that the CNMI is way ahead in terms of planning on how to combat the [COVID-19] in the event that we have a spread, although we have minimal amount based on what is expected," Hofschneider said.

"[This speaks of] the level of response and the decisions that were made by the administration, the task force, and all the other agencies that came into play," he added.

A month ago, the Federal Emergency Management Agency projected that the peak of COVID-19 cases in the CNMI will be in late-May to mid-June.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Public comments sought on new rules for hiring CWs

On May 14, 2020, U.S. Citizenship and Immigration Services published the interim final rule implementing the Northern Mariana Islands U.S. Workforce Act of 2018. The purpose of these rules is to protect U.S. workers in the CNMI and ensure that U.S. workers will not be displaced or be a competitive disadvantage for employment.

Key provisions of the newly published IFR include:

■ Requiring CW-1 employers to enroll and remain in good standing with the E-Verify program

■ Requiring a CW-1 petition to be filed with an approved temporary labor certification from the U.S. Department of Labor;

■ Establishing minimum wages requirements for a CW employer;

■ Establishing procedures for revoking an employer's CW-1 petition; and

■ Incorporating the definition of a legitimate business, as set forth in the Workforce Act.

"This guidance is important for our businesses and employers, while also ensuring we protect our U.S. workers here in the Marianas. We continue to work with our federal partners for an efficient implementation of this public law to protect businesses and their employees moving forward," said Gov. Ralph DLG Torres.

"While the CNMI Department of Labor works with our federal counterparts as it relates to the CNMI work force, the department has no jurisdiction to create federal rules, enforce federal requirements, or adjudicate violations of federal law. However, as always, our department is available to assist, where possible. We encourage the community to review the IFR and submit comments, as identified on the first and second page of the IFR," said Labor Secretary Vicky Benavente.

The IFR is available online and can be downloaded from the www.federalregister.gov website. The public may submit comments and related materials to USCIS on or before July 13, 2020.

The IFR will go into effect on June 18, 2020. ***(PR)***

Judge Manglona sets 'phased' reopening of fed courthouse

By FERDIE DE LA TORRE
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REPORTER

U.S. District Court for the NMI Chief Judge Ramona V. Manglona issued an order Friday implementing a "phased approach" to reopening the courthouse to the public effective today, Monday.

Manglona said the order comes after weighing the right of public access to the court against the need to protect the health and safety of the public, and recognizing the continued need to take precautions to prevent the spread of COVID-19.

Effective today, Monday, access to the courthouse at the Horiguchi Building in Garapan will be limited to court employees, tenants of the building, and individuals appearing for scheduled in-person court proceedings or for confirmed appointments with judges, the Office of Pretrial and Probation or other tenants of the building.

The building will be open from 8am until 12pm Monday through Friday, except on legal holidays.

Public access to the court proceedings will remain available in accordance with set procedures.

Court employees will remain available by telephone and email from 8am until 5pm Monday through Friday, other than legal holidays.

In limiting court proceedings, Manglona said all civil and criminal jury selections and jury trials scheduled before June 8, 2020, are continued pending further court's order. She said all regularly scheduled grand jury proceedings are continued to June 15, 2020.

However, the judge said, the U.S. Attorney's Office may schedule grand jury proceedings for emergency or essential matters after consulting her.

Other court procedures are the following:

■ To the extent possible, all civil, criminal, and bankruptcy hearings will be conducted by telephone or video conference as determined by the presiding judge.

■ Sentencing and revocation hearings may be scheduled for in-person appearances at the courthouse at the presiding judge's discretion.

■ To the extent possible, criminal matters, such as initial appearances, arraignments and detention hearings will be conducted by videoconference with the defendant's consent.

■ Due to the court's reduced ability to empanel jurors during this public health response, the time period of the continuances implemented by this order will be excluded under the Speedy Trial Act. The court will issue findings in individual cases.

■ The court is cognizant of the right of criminal defendants to a speedy trial under the 6th Amendment, and the application of that right in cases involving defendants who are detained pending trial. Any motion by a criminal defendant seeking an extension to this order to exercise that right should be directed to the judge assigned to the matter.

■ All naturalization ceremonies, attorney admissions and other non-case related proceedings are postponed.

■ To the extent possible, the review and execution of warrants and complaints will be conducted remotely as arranged with the individual judge.

A longer version of this story is available at www. saipantribune.com

OFFICE OF VOCATIONAL REHABILITATION

Public Comments

STATE PLAN FOR INDEPENDENT LIVING
FY 2021-2023 GOALS

Title VII of the Rehabilitation Act of 1973, as amended, provides the authority for the Commonwealth of the Northern Mariana Islands Statewide Independent Living Council (CNMI SILC) and the sole Center for Living Independently in the CNMI (CLI-CNMI), to seek public input on priority needs related to disability issues to guide the development of the State Plan for Independent Living (SPIL), for FY 2021-2023. The State Plan is supported by the currently identified Designated State Entity (DSE), the Office of Vocational Rehabilitation. The SPIL is a plan designed to improve Independent Living (IL) services for individuals with disabilities in the CNMI. The SPIL also helps to identify the needs and priorities of consumers, providers, and other stakeholders involved in the CLI-CNMI to highlight and identify common strategies. Ultimately, the State Plan is a tool that directs the use of Federal IL funding.

Goal 1 : Five (5) Core Independent Living (IL) Services
Enhance and expand the five (5) core IL services in a manner that will maximize benefits to the greatest number of individuals with significant disabilities. The 5 core IL services are: Information & Referral; IL Skills Training; Peer Counseling; Individual and System Advocacy; and Transition.

Goal 2: Collaboration with Disability Network Partners
Work in collaboration with the CNMI Disability Network Partners to provide quality services and supports to dual customers, resulting in competitive integrated employment for individuals with disabilities consistent with their interests, skills, abilities, capabilities, informed choice, etc. The partners include but not limited to, the State Rehabilitation Council, Office of Vocational Rehabilitation, Council on Developmental Disabilities, University Center for Excellence in Developmental Disabilities, Northern Marianas Protection and Advocacy Systems, Inc., individuals with disabilities, their family members, and employers (either perspective or actual).

Goal 3: Transportation
Continue to support the efforts of the CNMI Disability Network Partners especially the Commonwealth Office of Transit Authority to improve and expand availability, affordability, and accessibility of public transportation services including areas considered unserved and/or underserved (e.g. Tinian and Rota).

Goal 4: Accessible Recreational Opportunities
Promote and support the efforts of community partners to enrich the lives of CNMI residents with disabilities and build a healthier community by pursuing and making available accessible recreational opportunities.

WRITTEN COMMENTS
Due to the Covid-19 social distancing mandates, written comments can be submitted to the CNMI SILC before 12:00 noon on Wednesday, May 20, 2020. Comments can be sent via e-mail to clisusansatur@gmail.com or maryann@ovrgov.net.

This advertisement is paid for by federal grants under Title VII, Part B Independent Living Program, DHHS/ACL.

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2 MORE

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after having been in contact with persons who've been previously diagnosed with the coronavirus. Both are asymptomatic, which means they do not have any symptoms. Their specimens were collected, processed, and then confirmed positive at the CHCC laboratory last Saturday, May 16.

According to a Governor's COVID-19 Task Force statement, the two cases are both in stable condition and are in isolation at the designated isolation site, which is Kanoa Resort in Susupe.

The Commonwealth Healthcare Corp. has already initiated contact tracing for their more immediate contacts, which include their closest family members, friends, and associates.

Mass testing will be expanded to Tinian and Rota starting today. Press secretary Kevin Bautista said that individuals from both islands who test positive for the coronavirus will be flown to Saipan to undergo treatment at Kanoa Resort.

To date, the CNMI has 21 coronavirus cases, with seven active cases, 12 recoveries, and two deaths.

The Governor's COVID-19 Task Force also issued the following reminder last Saturday: "Even if you've tested negative for the virus, or have already been infected with the virus and recovered, it is essential for everyone in the community to continue to practice strict social distancing, and avoid public places as much as possible."

Govt operations resume

Starting today and for the week of May 17 through May 23, government offices will be open four hours from 8am to 12pm. This will provide government offices an opportunity to get social distancing systems and handwashing, and wearing of face masks in place and running in safe and efficient manner.

The next week, starting on May 24, government offices will open for the regular hours. At that point, the government will be fully open to the public.

At all times, government offices and the public using those offices will still need to practice proper social distancing, handwashing, and wearing of face masks.

COVID-19 in Guam

Last May 14, 2020, two new cases of COVID-19 were reported to the Department of Public Health and Social Services.

According to the Joint Information Center in Guam, following guidance from the Governor's Physicians' Advisory Group, a case that was initially removed from the overall count on Friday was re-classified as a probable case. That means a case that has been clinically diagnosed with COVID-19, regardless of laboratory result.

Of the two newly reported cases, one was identified with confirmatory testing at Guam Public Health Laboratory and the other case is associated with a significant COVID-19 cluster and tested positive at Guam Memorial Hospital.

As of May 15, 2020, there have been 154 cases of COVID-19 reported in Guam, with five deaths and 124 recoveries.

5TH

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Further, the CNMI Homeland Security & Emergency Management Office retains its authority to undertake measures to contain the pandemic, through the COVID-19 Task Force and with the Commonwealth Healthcare Corp.

"COVID-19 continues to pose a significant and imminent threat of harm to the community, environment, and people of the CNMI and thus emergency declarations are necessary to respond, quarantine and ensure the prevention of or containment of COVID-19 in the CNMI," the governor said, through the executive order.

To date, there are seven active cases on the island.

Torres first issued the emergency declaration last Jan. 29, as a proactive move to shield the CNMI from the threat of COVID-19, through quarantine and preventive containment measures. On March 16, the governor put the CNMI under a State of Public Health Emergency, following the first three confirmed positive cases in Guam.

"There is no confirmed treatment for COVID-19 other than quarantine, isolation, and containment. The potential pandemic impact of COVID-19 cannot be understated. Action is necessary to protect the health and safety of our children, our senior citizens, businesses, and all other CNMI residents and visitors," the order states.

Keeping distance

Under this extended emergency declaration, all memoranda, directives, waivers of regulations, and other measures taken in accordance with the previous executive order remain in place. This includes directives on social distancing, curfew, and the reopening of government offices.

While curfew hours have been shortened to seven hours—from 10pm to 5am—social distancing should still be strictly enforced. Penalties await people who will be caught violating both the curfew and social distancing mandates.

All are advised, under the social distancing mandate, to be at least 6 feet (2 meters) apart from each other in all public areas, such as in public beaches, pathways, and businesses. Exercise, wellness (including swimming), and subsistence fishing at public beaches and activity on pathways remain allowed.

The business mandate remains in effect too, where business operations are restricted to limit points of interactions between people, as part of the Commonwealth's mitigating measures for COVID-19.

Customer lineup markers leading to a cashier counter or place of transaction must still be in place, "one-way" flow signs for entrances and exits should remain posted, flow of traffic must be controlled, and the number of customers within public facilities are still to be limited, at any time, to 50% of the permitted occupancy.

Restaurants and catering services are still not allowed to have dine-ins, but can, however, provide drive-thru, take-out, curbside pickup, and delivery services. Casinos, video poker establishments, and e-gaming facilities are to remain closed.

In an earlier interview, Torres said that by following the social distancing guidelines, "we can continue to keep our islands safe and protect our man'amko, our chronically ill, and our loved ones."

While there are now 21 confirmed COVID-19 cases in the CNMI, the recent cases, identified through the community-based testing, are all found to be connected to the previous positive, now recovered, cases.

AUDITOR

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were increased.

Burger Comer Magliari said that its interpretation of the Code of Federal Regulations is that the foreign workers, referred to as CW-1 visa holders, should be paid at the prevailing wage rate that became effective Oct. 1, 2019, regardless of when their CW-1 status was approved.

BCM managing partner David J. Burger said that their interpretation of the CFR is that it requires the employer to pay U.S. workers at the prevailing wage rate from Oct. 1, 2019 forward.

Burger said IPI took the position that any changes in the prevailing wage as a result of the prevailing wage survey should not take effect until the CW-1 visas were actually approved.

Burger said this could have been several months after the Oct. 1 application period starting date.

The pay rates are among the many issues or findings that BCM discussed in its third report filed in court.

As of press time yesterday, *Saipan Tribune* was still waiting comments from IPI.

Burger's accounting firm was appointed by the District Court to monitor IPI if it is complying with labor and payroll rules. BCM's monitoring activities began in this case in mid-May 2019. Thursday's report, which is BCM's third, covers the three-month period from Nov. 16, 2019, to Feb. 15, 2020.

BMC's activities in this time period consisted of interviewing IPI employees and conducting payroll compliance testing.

In BCM's third report, Burger said that IPI has many workers that are working in the CNMI under a CW-1 visa status. He said these CW-1 workers must be paid the prevailing wage as indicated in the prevailing wage survey, as long as that wage is greater than the CNMI or federal minimum wage. Burger said such as a survey was conducted, and became effective Oct. 1, 2019.

Burger said many of the contracts for the CW-1 workers were not approved until sometime after Oct. 1, 2019. He said the application period for all CW-1 contracts covers the period from Oct. 1, 2019, to Sept. 30, 2020.

Burger said the CW-1 workers did perform work during the period from Oct. 1, 2029, to the date of their CW-1 visas were approved by U.S. Citizenship and Immigration Services.

Burger said they have provided the relevant Code of Federal Regulations sections to IPI human resources staff and legal counsel.

"We are waiting for their analysis and response as of the date of this report," Burger said.

On holiday pay, he said one of the 104 employees they interviewed stated that he was not paid for a valid company holiday (Veterans Day). Burger said the employee spoke to management about this, but has not been paid for this holiday as of the date of this report. Burger said they have provided this information to IPI human resources staff for follow-up. He said they are waiting for their response as of the date of this report.

IPI was placed on independent monitoring in connection with U.S. Labor Sectary R. Alexander Acosta's lawsuit in federal court against IPI for alleged violations of the Fair Labor Standards Act over the construction of its casino/resort project in Garapan.

To resolve the lawsuit, IPI and Acosta agreed to an entry of a consent judgment. IPI agreed to pay a total amount of $3.36 million, which is composed of $1.58 million in back wages, another $1.58 million in liquidated damages, and $200,000 in civil monetary penalties.

HOW

From Page 1

inquiry from Rep. Tina Sablan (Ind-Saipan) regarding the decision-making that happens when sourcing for vendors.

"Usually, the first 30, 45, sometimes 60 days of a disaster, it's 'get it where you can,' 'get it where you already know they can deliver,'" he said, "…At the beginning of the disaster, when you've already identified somebody and they meet your needs, they meet your timing, they're performing, we don't really [need] to look for another person right away."

Guerrero was quick to acknowledge that, as the disaster continues to unfold, to be more competitive, and to meet federal regulations, the CNMI government should spend more time to reach out to others who could provide the needed services for the island's pandemic-related operations.

For services that the government needs long-term, the governor's authorized representative extends the invitation for other vendors to bid, and also recommended for the CNMI Homeland Security to spend more time seeking out sources.

"We're working toward that because the [Attorney General]…wants to make sure that we're justifying these purchases and not just sole-sourcing, or giving it to one particular vendor over and over again, unless, nobody else can do so," he added.

At the session, it was explained that the Emergency Operations Center of the CNMI Homeland Security handles the procurement processes for emergency contracts, with review from the Office of the Attorney General.

Playing favorites

When asked by Sablan about playing favorites and the potential for kickbacks in the awarding of contracts, in reference to talks about Gov. Ralph DLG Torres' staff being awarded a contract to provide for some meals, Guerrero flat-out said that he is not aware of the situation.

"I am not aware of that member of the Governor's staff, or the company that's providing services. That's not to my knowledge," he said.

Further, Finance Secretary David Atalig stressed that the company Sablan was "alluding to" is not being favored, adding that several companies have been tapped to also provide meal services.

In a list of contracts provided to lawmaker at the session, four vendors were identified to have provided for a cumulative $68,750.55 worth of meals: Tony Roma's, Kent Kalen DBA Legends BBQ, J's Restaurant, and Terry's Snack Bar.

"This company that you're alluding to is not being favored because they're only providing just one meal a day, and then being rotated by different agencies that are ordering. And their orders are not even at the level of some of the other vendors that we're paying," Atalig added. "We've had community members contact us saying how can we also provide, and so we did include the bid, and we try to rotate this. As GAR [Guerrero] said, share the wealth among all the available providers out there for meals."

He also said that, as the Attorney General always reiterates, "in an emergency, get services for the two- or three-week peak period, and then give yourself some time to seek other sources to be more competitive."

However, according to Guerrero, some contracts can get cancelled either due to the inability of the vendor to supply what is needed, or if the purchase is no longer a need.

"Sometimes, it's the inability of the vendor to supply the good or service that could cause cancellation. Or it might no longer be a need before the vendor even supplies that product or service. Why purchase when there is no longer a need?" he added.

Spreading the wealth

According to Guerrero, after that immediate emergency, time should be spent reaching out to vendors who could be interested in providing services related to the operations.

Vendors who would want to provide services, are "more than expected" by Homeland Security's Emergency Operations Center Planning Section, he added. "Spread the wealth, so to speak, but at the same time, as long as they can deliver the resource…they could reach out to Homeland Security, and give out their pricing and what their capacity is."

Guerrero also added that while they do a lot of things manually in terms of procurement, a platform called Web EOC is on the way, which would enable vendors to easily interact digitally with Homeland Security. The service also works with the Public Assistance Program.

"It will allow for the vendors to be interactive with Homeland Security and put their resources up there and their rates and things like that," he added.

According to Guerrero, the service might be up and running in the next 30 days, and will be made available to all private partners.

5 'furloughed' Customs officers reinstated, get course refresher

Five "furloughed" Customs officers on Rota were reinstated to their posts following a visit by Customs officers from Saipan last week.

The officers then underwent a refresher course last May 11, conducted by Customs team leader, officer James Santos, on tax provisions, including calculations and harmonized system, an overview of common errors found on declarations of entry, as well as other matters related to Customs operations.

According to Customs planner and public information officer Reina Camacho, Customs director Jose C. Mafnas raised concern over increased vulnerability of border security soon after learning about the five Rota Customs officers being furloughed. He sent four Saipan officers to Rota to assist the officers with Customs operations. "I hope that everyone in the community is cognizant of the vital role Customs play in border security. One vulnerable port, whether it is Saipan, Tinian, or Rota, can immediately negatively impact the CNMI," Mafnas said. "The Division of Customs Service protects our island borders through the facilitation of trade and travel, collection of revenue/taxes, and seizing prohibited items imported to and exported from the Northern Mariana Islands."

In an interview, Sen. Teresita Santos (Ind-Rota) expressed appreciation to the Department of Finance, Division of Customs Service, for their support of Rota. "We would like to express our congratulations to all our Rota Customs personnel for successfully completing their trainings," Santos said. "On behalf of the people and leaders of Rota, this is to convey our acknowledgment and recognition to our Secretary of Finance Dave Atalig and Customs director Joe Mafnas for providing our Rota customs personnel the opportunity to undergo a three-day customs refresher course training on Rota led by our Saipan Customs team leader."

The senator added that Mafnas was joined by four Saipan Customs officers "to carry out the duties and responsibilities at the ports of entry on Rota while our Rota Customs personnel were on training." ***(Iva Maurin)***

FBI alert out on COVID-19 scams

The Federal Bureau of Investigation is urging the public to be wary of COVID-19-related scams that steal people's money and personal information.

In a video posted over the weekend, FBI Honolulu Field Office special agent Sam Miranda said that, as people increase activity online for work and study, criminals are already targeting their next victim.

"Scammers are leveraging the COVID-19 pandemic to steal your money and your personal information. Don't let them," Miranda said. He advised people to be wary of websites and apps claiming to track COVID-19 cases worldwide. He asked people to look out for emails asking them to verify their personal information in order to receive an economic stimulus check from the government.

Miranda also warned against anyone selling products to prevent, treat, or cure COVID-91.

If you believe you are the victim of a scam or if you want to report suspicious activity, contact the Honolulu FBI at 808-566-4300 or visit the FBI's Internet Crime Complaint Center at www.ic3.gov.

Miranda assured the community that FBI operations will continue unabated. ***(Ferdie de la Torre)***

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IN THE SUPERIOR COURT OF THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

Eric Ignacio Camacho Sablan Petitioner, Vs. Mananad Swan Sablan Respondent,) FCD-DI CIVIL ACTION NO. 19-0536

SUMMONS FOR PUBLICATION

TO THE ABOVE NAME RESPONDENT:

YOU ARE HEREBY SUMMONED and notified to file any answer you wish to make to the Complaint, a copy of which is on file with the court, within thirty (30) days after service of the Summons upon you, and to deliver or mail a copy of your answer to the Petitioner whose address is P.O. Box 506273 CK Saipan, MP 96950 as soon as practical after filing your answer or sending it to the Clerk of Courts for filing.

Your answer should be in writing and filed with the Clerk of this Court at P.O. Box 500307 Susupe, Saipan, MP 96950. It may be prepared for you by your counsel and sent to the Clerk of this Court by messenger or Mail. It is not necessary for you to appear personally until further notice. If you fail to file and answer in accordance with this summons, judgment by default may be taken against you for relief in the complaint.

Dated this 14th day of April, 2020

/s/ Clerk of Court

ART MAN CORPORATION

- Sewer Pumping
- Snake Wiring
- Portable Toilet Rental
- Leaching Field
- Handling Recyclable Wastes

PMB 122 Box 10000 MP96950
Email :artmancorporation@gmail.com
Tel # : (670) 234-8079 / 287-8079

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
OFFICE OF THE GOVERNOR
DEPARTMENT OF PUBLIC LANDS
Tel: (670) 234-3751 • Website: www.dpl.gov.mp • Email: dpl@dpl.gov.mp
Facebook Address: facebook.com/DPLCNMI

PUBLIC NOTICE

NOTICE OF PROPOSED LEASE OF PUBLIC LAND

In accordance with Section 106 (b) of Public Law 15-2, the Department of Public Lands hereby gives notice of its intent to lease certain public land in Saipan, Commonwealth of the Northern Mariana Islands. Any interested parties of the general public may submit comments, data, views, or arguments of alternative proposals for the lease of the public land. As further provided by Public Law 15-2, the following pertinent information is required to be published.

i. The proposed lease of public land is described as Lot 182 E 01 containing an area of approximately 4,545 square meters, more or less, situated in Lower Base, Saipan. A map showing the location of the parcel is available at the Department of Public Lands and website www.dpl.gov.mp for inspection.
ii. The prospective lessee is Triple Star International Corporation. The lists of officers for Triple Star International Corporation are Wei Gang Xiong, as President, Zhang Qing, as Corporate Secretary.
iii. The proposed lease is compliant with DPL regulations and was negotiated by the officers and directors of Triple Star International Corporation, mainly Wei Gang Xiong.
iv. The lessee shall use the premises solely for the purpose of the providing recycling services that collect, recycle, and market scrap materials, and the retail sale of electronics and appliances.

The term of the proposed lease agreement is 25 years.

The proposed annual rental during the term of the lease agreement is based on a percentage of the appraised fair market value of the property plus the applicable percentage of Business Gross Receipts in DPL's regulation.

v. A copy of the proposed lease agreement may be obtained at the office of the Department of Public Lands, located on the 2nd floor of the Joeten Dandan Commercial Building in Dandan, Saipan; 1st floor of the De'Ana Commercial Building, Songsong Village, Rota; or the 1st floor of the Kings Commercial Building, Tinian. A copy will also be available online at www.dpl.gov.mp
vi. The Department of Public Lands has received no alternative proposals to lease the subject public land in Lower Base, Saipan.
vii. The Secretary of the Department of Public Lands shall accept written comments, views, arguments or alternative proposals from interested parties on or before May 26, 2020 at the Department of Public Lands offices located in Saipan, Rota or Tinian.

NUTISIAN I MAPROPONI NA ATKILON TÅNU´ PUPBLIKU

Gi sigun Seksiona 106 (b) gi Lain Pupbliku 15-2, i Dipåttamentun Tanu' Pupbliku mannåå'i guini nutisia put i intensiona para u atkila finitmi na tanu' pupbliku giya Saipan, Commonwealth gi Sangkattan na Islas Mariånas. Maseha håyi na pattida ni intirisao gi hålum henerått pupbliku siña muna'hålum upiño, imfotmasion, pat testimoniun kinontra gi tinahguin prinoponi siha para i atkilon nu i tanu' pupbliku. Kumu mapribeni mås mo'na ginin i Lain Pupbliku 15-2, i tinattitiyi pettanesin na imfotmasion manisisita para u mapupblika.

i. I maproponi na atkilon tanu' pupbliku madiskribi kumu Lot 182 E 01 ni konsisisti kåsi 4,545 square meters, mås pat menus, ni gaigi gi Lower Base, iya Saipan. I kopian måpa nu i påttin i lugåt managuaha gi ufisinan Dipåttamentun Tanu' Pupbliku yan website gi www.dpl.gov.mp para inspeksion.
ii. I "prospective lessee" i "Triple Star International Corporation". I listan i ufisiåt siha para i Triple Star International Corporation si Wei Gang Xiong, kumu Presidenti, Zhang Qing, kumu Sekritåriun "Corporate."
iii. I maproponi na atkilon ha tattiyi i regulasion DPL siha yan manegosiu ginin i ufisiåt yan direktot i Triple Star International Corporation, mayutmentu si Wei Gang Xiong.
iv. I lessee debi na u usa i lugåt para atyu na rason na para u pribeniyi "recycling" na sitbisiu ni ha rikohi, "recycle," yan bendi i mansopbla na matiriåt siha, yan para u fambendi "electronics" yan "appliances."

I tema nu i maproponi na kontråtan atkilon sa bentisingku (25) åñus na tiempu.

I maproponi na atkilu gi kada' såkkan gi durântin i teman i kontråtan atkilon mapega gi pusentu nu i bålin "appraised fair market" i propiedåt yan i propiu na pusentun i Risibun Hina'halum Bisnis gi halum regulasion i DPL.

v. I kopian nu i maproponi na Kontråtan Atkilon siña machuli' gi ufisinan i Dipåttamentun Tanu' Pupbliku, ni gaigi gi sigundu (2nd) na bibiendan i Joeten Dandan Commercial Building iya Dandan, Saipan, primet (1st) na bibiendan i De'Ana Commercial Building, iya Songsong Village, Luta; pat i primet (1st) na bibiendan i Kings Commercial Building, giya Tini'an. I kopia debi lokkui' na managuaha online gi www.dpl.gov.mp
vi. I Dipåttamentun Tanu' Pupbliku tåya marisibi ni håfa na tinahguin inofresi siha ni para u ma'atkila i suhetu na tanu' pupbliku gi Lower Base, Saipan.
vii. I Sekritårian Dipåttamentun Tanu' Pupbliku ha aksesepta tinigi' upiñon, imfotmasion, testimoniun kinontra pat tinahguin prinoponi siha ginin i manintirisåo na pattida siha gi pat åntis di May 26, 2020 gi ufisinan Dipåttamentun Tanu' Pupbliku siha ni gaigi giya Sa'ipan, Luta pat Tini'an.

ARONGORONG REEL POMMWOL ATKKILÓÓNOL FALUWEER TOULAP

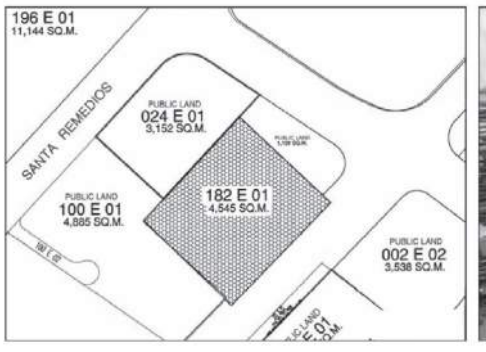
Sángi Tálil 106 (b) reel Alléghúl Toulap 15-2, Bwulasiyol Ammwelil Faluweer Toulap e attotoowow arongorong reel igha re mángemángil rebwe atkkilaay akkááw faluweer toulap llól Seipél, Commonwealth Téél Falúw kka Efáng llól Marianas. Schóó kka re mwuschel isiisilong kkapas, data, views, ngáre angiingi reel pommwol atkkilóónol faluweer toulap. Eyoor sángi Alléghúl Toulap 15-2, arongorongol ikka e amwirimwiritiw ebwe akkatééwow.

i. Faluweer toulap iye rebwe atkkilaay e bwáálo bwe Lot 182 E 01 ebwe bwáá bwe 4,545 reel square meters, elapeló ngáre eghus, iye e lo Lower Base, Seipél. Eyoor pappidil falúw yeel me Bwulasiyol Ammwelil Faluweer Toulap me website www.dpl.gov.mp
ngáre u mwuschel amwuri.
ii. Schóól Atkkilóón nge Triple Star International Corporation. Ikkal list-al "officers" me Triple Star International Corporation nge Wei Gang Xiong, bwe "President", Zhang Qing, Bwe "Corporate Secretary".
iii. Pommwol Atkkilóón nge e angúúngú ngáli mwóghutughutúl DPL me e abwungubwung sángi "officers" me "directors-il" Triple Star International Corporation, i Wei Gang Xiong.
iv. Schóól Atkkilóón ebwe yááyá falúw bwulul ebwe ayoorai angaangil "recycling" iye ebwe bweibwogh, "recycle", me "market scrap materials", me akkaméélól "electronics" me "appliances".

Pommwol abwungubwungúl Atkkilóón nge ruweigh me limoow ráágh.

Pommwol atkkilóónol ghal ráágh nge e lo reel percentage sángi appraised fair market value reel falúw ebwal schuulong applicable percentage reel Business Gross Receipts llól mwóghutughutúl DPL.

v. Pappidil pommwol abwungubwungúl Atkkilóón emmwel ubwe bweibwogh mereel Bwulasiyol Ammwelil Faluweer Toulap, iye e lo 2nd floor reel Joeten Dandan Commercial Building, Seipél; 1st floor reel De'Ana Commercial Building, apilómwol Songsong, me Luuta; ngáre 1st floor reel Kings Commercial Building, Tchiliyól. Ebwal yoor pappidil mille online me www.dpl.gov.mp
vi. Bwulasiyol Ammwelil Faluweer Toulap rese bweibwogh pommw iye re siiweli ngáli Atkkilóón iye e lo weiláng reel faluweer toulap me Lower Base, Seipél.
vii. Sekkretóóriyal Bwulasiyol Ammwelil Faluweer Toulap emmwelil bweibwogh ischil mángemáng, views, angii ngáre pommw iye re siiweli sángi schóó kka re mwuschel wóól ngáre mmwali May 26, 2020 me Bwulasiyol Ammwelil Faluweer Toulap me Seipél, Luuta, ngáre Tchiliyól.



COVID-19 community testing expands to Tinian, Rota

In partnership with the mayors' offices, COVID-19 testing will now expand to include Tinian and Rota starting today, May 18, 2020.

In addition, the registration portal for all islands will now be using the Governor's COVID-19 Task Force site at www.governor.gov.mp/covid-19/testing.

ON THE NET

- www.governor.gov.mp/covid-19/testing

The task force, Commonwealth Healthcare Corp., and TurnKey Solutions optimized the Office of the Governor's website to reflect the current testing schedule and locations as well as available slots. This information will be updated routinely.

At the Francisco C. Ada/Saipan International Airport, there are workstations available at Station 5 (located at the tour bus parking lot near the commuter terminal) for community members who have not registered. You will only be registered at Station 5 and your testing date will be based on the next available slot.

File photo shows the mass testing that's being held at the Francisco C. Ada/Saipan International Airport. The tests are free for everyone. KRIZEL TUAZON

For businesses with 50 or more employees and for all government agencies, contact the Governor's COVID-19 Task Force hotline at 287-0046/0489/1089 for information on group registrations.

In a statement last Friday, the task force and CJCC stressed that testing for COVID-19 is not mandatory but is another tool to help the detect and contain the SARS-COV2 virus, the virus that causes COVID-19.

The Task Force and CHCC note that it is important to remember that testing is only a tool to help combat the virus by better containing it. "Community testing will help us to identify people who may be infected with the virus, especially those who may be pre-symptomatic or asymptomatic, so we can direct these people to the appropriate care, contain the virus, and prevent its spread using tools such as quarantine, isolation, and contact tracing. Community testing may also help us understand how widespread the virus is in the community," the statement said.

It also stressed that getting tested for COVID-19 does not improve response to the illness, nor does it reduce the risk of contracting or transmitting the disease. "Our goal is to provide results as quickly as possible within a reasonable time-frame. People who are tested and have a negative result are still vulnerable to the virus," the statement said. ***(PR)***

NWS: Longer drought conditions in the CNMI

Recent heavy rainfall across Guam has eased drought conditions but a dry trade-wind pattern will continue the next couple weeks across Guam and the CNMI.

A weak disturbance passing south of Guam over the weekend brought spotty showers to Guam and Rota but adequate weekly rainfall is not expected across the region the next two weeks. It may still be another three to four weeks before adequate rainfall returns to Guam and slightly longer for the CNMI, according to the latest statement from the National Weather Service in Guam.

In a drought statement last week, NWS said a wet trade-wind pattern continues to provide steady showers to islands from Chuuk eastward to the Republic of the Marshall Islands. "A favorable upper-level pattern has encouraged spotty showers to spread farther north across islands of northern Chuuk state and the Marshalls. Farther west, weak tropical disturbances and circulations have manifested across eastern Yap state and drifted westward. This led to a very wet pattern for the Republic of Palau, with more variability across islands of Yap state. The northern extent of these disturbances provided showers to Guam but the CNMI remained dry," the statement added. "The tropical upper- tropospheric trough is beginning to establish across the region. This feature combined with a slight northward shift in the Inter-Tropical Convergence Zone and disturbances are indications that a wetter pattern is trying to establish across most of Micronesia. ENSO neutral conditions are expected to continue through the fall with most models indicating a transition to La Niña by winter."

In the Marianas, officials report water levels are still above thresholds for concern.

Visit the following links for the latest advisory information:

- CNMI EOC State Warning Point Facebook: https://www.facebook.com/cnmieocswp/
- CNMI Office of the Governor Facebook: https://www.facebook.com/GovernorCNMI/

HSEM also encourages residents to download HSEM's *readyCNMI* App available for free in the Apple Store or Google PlayStore to receive the latest weather updates and notifications. For more information, contact the CNMI EOC State Warning Point at 237-8000 or 664-8000. ***(Saipan Tribune)***

Doyle joins MMC roster of physicians

Dr. John Doyle III is now in full-time private practice and is accepting new patients at Marianas Medical Center.

Doyle, his wife, Bea, and children moved to Saipan in 2013, and initially worked as a hospitalist at the Commonwealth Health Center until recently. He served as director of Medical Affairs for the hospital, as well as chief of staff while there.

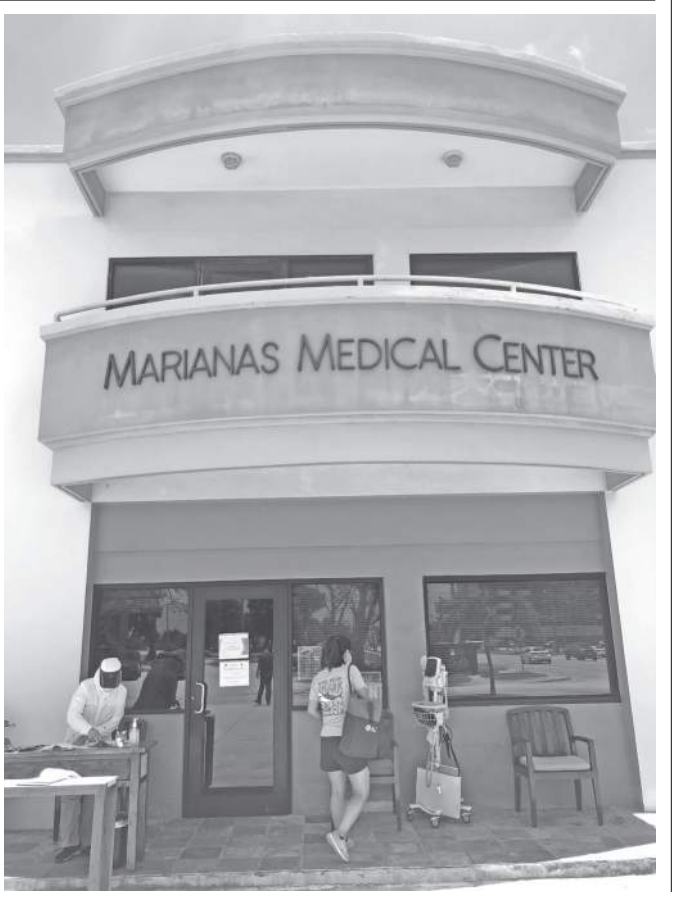
"He has been working at Marianas Medical Center as a part-time health care provider for the last four years but his love for one-on-one patient care and the outpatient environment led to the change to full-time status. He has a large patient base and can now serve them better and also allow the practice to grow," said an MMC statement last week.

Prior to coming to Saipan, Doyle was in a private practice in Kentucky after spending several years in the Solomon Islands as head of Internal Medicine for the nation.

He graduated from the University of Kentucky's Physician Assistant program and worked as a PA while finishing up his pre-med studies, then attended the University of Louisville School of Medicine before doing his Internal Medicine residency at the University of Kentucky Chandler Medical Center. He is board certified by the American Board of Internal Medicine.

He and Bea added twins to the family after arriving here.

Appointments at MMC are available at 234-3926. Walk-ins are welcome. ***(PR)***



File photo shows the Marianas Medical Center. KRIZEL TUAZON

8 more sailors aboard US ship test positive a second time

WASHINGTON (AP)— Eight more sailors aboard the USS *Theodore Roosevelt* have tested positive again for the coronavirus, raising to 13 the number who appear to have become infected a second time while serving aboard the sidelined aircraft carrier.

All the sailors had previously tested positive for the virus and had gone through at least two weeks of isolation. Before they were allowed to go back to the ship, all had to test negative twice in a row, with the tests separated by at least a day or two.

On Saturday, a Navy official confirmed eight additional sailors had tested positive again. A day earlier the Navy had said in a statement that five had tested positive a second time. The Navy official was not authorized to speak publicly and requested anonymity.

That some crew were testing positive again has puzzled officials and raised questions about reintegrating troops into the military if a second infection were possible.

Also questioned was the accuracy of testing itself. In some cases infection can be at such a low level that it is not detected by the test, which could mean there were no relapses. Also, people could be cleared though their virus levels were too low for detection.

The outbreak aboard the Roosevelt was discovered in March. In port in Guam since then, the ship sent more than 4,000 of its 4,800 crew members ashore for quarantine or isolation. Earlier this month hundreds of sailors began returning to the ship, in coordinated waves, to prepare to set sail again.

EIP for Social Security and SSI beneficiaries in US territories

The Social Security Administration issued an update Friday about COVID-19 Economic Impact Payments to certain groups of Social Security and Supplemental Security Income beneficiaries. Beneficiaries who have their regular monthly payments managed for them by another person, called a representative payee, will begin receiving their EIPs from the Internal Revenue Service in late May.

Special rules apply to beneficiaries living in the U.S. territories: American Samoa, Guam, Puerto Rico, the CNMI, and the U.S. Virgin Islands. In general, the tax authority in each territory, not the IRS, will pay the EIP to eligible residents based on information the IRS will provide to the territories. It is anticipated that beneficiaries in the territories could begin receiving their EIP in early June.

"The Social Security Administration has been working with the IRS to provide the necessary information about Social Security and SSI beneficiaries in order to automate and expedite their Economic Impact Payments," said Social Security Commissioner Andrew Saul. "While millions of our beneficiaries have already received their EIPs from the IRS, we continue to work hard for those beneficiaries who are awaiting their payment from the IRS."

For additional information about payments to beneficiaries with representative payees, refer to www.socialsecurity.gov/coronavirus/#reppayee.

For the territories, people should contact their local tax authority with questions about these payments. Note their website may use the term "Economic Impact Payment" or "stimulus payment." In the CNMI, go to https://www.finance.gov.mp/.

The eligibility requirements and other information about the Economic Impact Payments can be found here: www.irs.gov/coronavirus/economic-impact-payment-information-center. In addition, continue to visit the IRS at www.irs.gov/coronavirus for the latest information.

Social Security will continue to update the agency's COVID-19 web page at www.socialsecurity.gov/coronavirus/ with additional information. ***(PR)***

TSL Foundation donates relief goods to Empty Vessel

CONTRIBUTED PHOTO

TanHoldings chief executive officer Jerry Tan, left, and Tan Siu Lin Foundation executive director Merlie Tolentino, second from right, present $18,000 worth of donated relief goods to Empty Vessel Ministry officers led by its president, Rosalyn Ajoste, center, last Thursday in Gualo Rai.

The Tan Siu Lin Foundation has donated relief goods to Empty Vessel Ministry Foundation to help the organization serve more people needing assistance.

TanHoldings chief executive officer Jerry Tan and TSL Foundation executive director Merlie Tolentino turned over $18,000 worth of relief goods to EVMF president Rosalyn Ajoste at the ministry's office in Gualo Rai last Thursday. The TSL Foundation, the charitable arm of TanHoldings, donated canned goods, cereals, milk, and packs of fruit juices.

"On behalf of the board and officers of Empty Vessel Ministries, I would like to thank Mr. Jerry Tan and Ms. Merlie Tolentino of the TSL Foundation for their timely and generous donation," Ajoste said.

The donated items came just as EVMF is getting ready for tomorrow's distribution of relief packages to families affected by the coronavirus pandemic. The TSL Foundation donation will help 500 families.

"Currently, EVMF has a waiting list of over 600 individuals, and the list grows everyday. The primary recipients will be workers and families who lost their jobs due to the pandemic, many of whom do not qualify for food stamp assistance," Ajoste said.

With more people lining up to avail of EVMF's food assistance, Empty Vessel moved their distribution area to the Garapan Central Park Roundhouse tomorrow via drive-thru.

"We serve people of all circumstances, ages, races, ethnicities, and religious backgrounds without question. Since February, EVMF has received hundreds of calls for food assistance. EVMF is happy to act as the community liaison, doing the repacking, and acting as the arms and feet on the ground to provide relief to those who need it the most. In most cases, we try not to turn anyone away, unless we run out of food," Ajoste said.

The TSL Foundation praised EVMF for what it's doing role, especially in this time of crisis. "The Empty Vessel Ministry has consistently provided food assistance to members of our community. They were there when we had two strong typhoons and now they are stepping up for families that are affected by this pandemic. Even on ordinary days, Empty Vessel keeps its door open to people in need. It take's a lot of effort and commitment to be able to provide assistance to the community yearlong so we're fortunate to have the Empty Vessel Ministry in the CNMI," Tolentino said. "They are part of our very generous community and we, at the Tan Siu Lin Foundation is honored to help their program."

EVMF acknowledged that they depend on community partnerships to carry out their mission of providing humanitarian aid to those who are most in need, so any help they could get from both the public and private sectors are welcome. "There is always a need for food. EVMF provides Emergency Food Services… all-year round," Ajoste said.

To keep their operation going, EVMF encourages companies to donate either cash or food each quarter. Stores that have food items nearing their expiration date are requested to consider donating them to EVMF's food bank, as the group has a database of individuals ready to accept them. EVMF is also encouraging the public to seek membership in the ministry. If it could find 50 new members who would commit $20 a month, these will be enough to take care of their operational costs.

For companies and individuals interested in helping EVMF, contact Ajoste at 285-9700, 235-2340, email emptyvesselministry@gmail.com, or leave a message at its Facebook page, Empty Vessel Ministry. ***(PR)***

VACANCY ANNOUNCEMENT

(3) Beautician – Knowledgeable in giving Hair Cut, Hair Colors, Hair High-lights.

(1) Graphic Designer / Artist – Bachelors Degree in Fine Arts. Minimum of 1 yr. experience as Graphic Designer / Artist.

Submit Applications To:
Saipan Apparel Printing LLC.
Ground Floor, Afetna Building,
Beach Road, San Antonio,
Saipan, MP 96950
Tel.# 670-235-1680

VACANCY ANNOUNCEMENT

(1) Sewing Machine Operator – High School Diploma and atleast 3 months work experience and/or training; or equivalent combination of education and experience.

(2) Beautician – Skilled in all areas of beauty treatments such as hair cut, hair colors / highlights / rebonding; waxing, manicure & pedicure,acrylic nails. Willing to work flexible time.

Submit Applications To:
Pam Pacific Enterprises Corp.
dba Pena House Boutique and Salon
Ground Floor, Sablan Building,
Beach Road, Chalan Kanoa,
Saipan,MP 96950
Tel. (670)235-7270

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
HAZARD MITIGATION GRANT PROGRAM DR-4235, 4396, 4404-MP
PRE-DISASTER MITIGATION PROGRAM
OFFICE OF THE GOVERNOR
Caller Box 10007, Saipan, MP 96950 • Telephone: (670) 664-2374 • Facsimile: (670) 664-2408

ADDENDUM NO. 1
5/12/20
ITB20-GOV-015

The following is a revision from the Invitation to Bid announcement and Instruction to Bidders. All others remain the same.

1. The pre-bid meeting has been rescheduled from **March 16, 2020 to May 20, 2020 at 10:00 a.m. at the Governor's Conference Room**. Each proposed bidder may schedule a time on **May 21, 2020** with Ms. Tiana Reyes for the **site inspection with a limit of two (2) people per company due to COVID-19 social distancing**. The deadline for questions concerning this project has been rescheduled from **March 19, 2020 to May 26, 2020**.

- There will be a pre-bid conference for this project on **Wednesday, May 20, 2020 10:00 am ChST** at the Governor's Conference Room located at the Office of the Governor, Capitol Hill, Saipan. Questions concerning this project shall be directed to Ms. Tiana Reyes in writing by e-mail to treyes@omb.gov.mp or fax to (670) 664-2408 on or before **Tuesday, May 26, 2020**. All responses to inquiries will be shared with all prospective bidders.

2. The bid submission date and bid opening has been rescheduled from **April 2, 2020 to June 9, 2020 for on-island bidders** and from **April 15, 2020 to June 18, 2020 for off-island bidders**. For off-island bidders, the date to submit a Notice of Intent to Bid has been rescheduled from **April 2, 2020 to June 9, 2020**.

- Sealed bids must be marked **ITB20-GOV-064 Supply and Installation of Desk Cubicles for the Office of Management and Budget, Hazard Mitigation Grant Program and Capital Improvement Program**. For bidders within the CNMI, an original and two copies of sealed bids must be submitted to the Director of Procurement and Supply located at the former Emergency Management Office, Building No. 1301, Ascencion Drive, Capitol Hill on Saipan no later than **10:00 a.m. ChST June 9, 2020**. Bidders located outside of the CNMI may obtain an additional seven (7) working days for receipt of their bids by submitting a Notice of Intent to Bid. Notices of Intent to Bid must be received by the Director of Procurement & Supply no later than **10:00 a.m. ChST June 9, 2020** and must be transmitted via facsimile to (670) 664-1515, or via e-mail to a.magofna@dof.gov.mp. For bidders located outside the CNMI, an original and two copies of sealed bids must be postmarked by the U.S. Postal Service or the official government postal service of a foreign country no later than **June 9, 2020** and mailed to the **Director of Procurement and Supply at P.O. BOX 510008 C.K., Saipan MP, 96950** and the bid documents must be received no later than June 18, 2020. Note that failure to submit the required number of copies may be cause for rejection of a bid.
- Bids will be publicly open and read at the Division of Procurement and Supply located at the former Emergency Management Office, Building No. 1301, Ascencion Drive, Capitol Hill on Saipan at **10:00 a.m. ChST, June 18, 2020**. However, if no notices of intent to bid are received from bidders outside the CNMI, bids will be open at **10:00 a.m. ChST, June 9, 2020**.

END OF ADDENDUM NO. 1

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
Office of the Secretary of Public Works
ENERGY DIVISION
P.O. Box 500340, Saipan, MP 96950
Tel. Nos. (670) 664-4480 / Fax No. (670) 664-4483 /e-mail: cnmienergy@gmail.com

NOTICE OF PUBLIC HEARING

The Commonwealth of the Northern Mariana Islands Office of the Governor, in cooperation with the Department of Public Works and the Energy Division's Weatherization Assistance Program (WAP), is pleased to announce it will be conducting a public hearing to obtain comments, recommendations, or suggestions from members of the community on the proposed WAP State Plan for Program Year 2020 and is inviting the General Public to participate in this important Public Hearing.

Due to the current limitations of Executive Order 2020-06 and the Governor's Guidance on Social Distancing and Gatherings, as it relates to the COVID19 Pandemic, the Division of Energy will only be accepting written comments, recommendations and suggestions through email communications and delivery to a designated office drop-box.

Submissions of written comments, recommendations and or suggestions must be submitted electronically by email to Ms. Thelma B. Inos, Energy Director, at cnmienergy@gmail.com or by delivery to the designated office drop-box at the Division of Energy Office, located at Building No. 1337, Ascencion Dr., Capital Hill, Saipan, MP 96950, no later than 2 p.m., ChSt., on June 02, 2020. Responses to comments, recommendations or suggestions will be made no later than 2:00 p.m., ChSt., on June 12, 2020. If in any event no comments, recommendations or suggestions are received, the WAP State Plan for Program Year 2020 shall be deemed final.

Copies of the Proposed WAP State Plan for Program Year 2020 will be made available at the Division of Energy Office, located on Capitol Hill, Building No. 1337, beginning 8:00 a.m., on Monday, May 18, 2020.

For more information, you may contact Ms. Thelma B. Inos, Energy Director, at 664-4480/81 or by email at cnmienergy@gmail.com, Monday to Friday, except holidays, from 07:30 a.m. to 11:30 p.m.

INEKUNGUK PUPBLIKU

I Commonwealth gi Sangkattan na Islas Mariånas, Ufisinan i Gubietnu dumanña yan i Dipåttamentun Public Works/Dibisión Energy Prugråman Inasistin Weatherization (WAP), para u kundukta i inekunguk pupbliku ni para u risibi imfotmasion siha gi i maproponi na WAP State Plan gi såkkan 2020 ya makumbibida i Henerål Pupbliku para u fampattisipåo gi halum esti inimpottånti na Inekunguk Pupbliku.

Sa' put i prisenti na "limitations" nu Otdin Eksakatibun 2020-06 yan i Diniribin Gubietnu gi Distånsian Sosiåt yan Dinanña Gurupu siha, komu manasosiåt gi "COVID19 Pandemic", i Dibisión Energy inaksesepta ha' tinigi' upiñon imfotmasion ginin i email yan/pat intrega hålum gi "drop-box" i ma'asikna na ufisina.

I tinigi' imfotmasion siha debi na u ma'-email guatu as Ms. Thelma B. Inos, Direktot Energy, gi cnmienergy@gmail.com pat intrega hålum gi "drop-box" i ma'asikna na ufisina gi Ufisinan Dibisión Energy, ni gaigi gi Building No. 1337, Ascencion Dr., Capital Hill, Saipan, MP 96950, åntis di oran alas dos gi talu'åni (2:00 p.m.), ChSt., gi Huniu 12, 2020. Yanggin tåya imfotmasion siha marisibi, i Prugråman WAP State Plan Såkkan 2020 siempri makunsidera uttimu.

I kopian i Maproponi na Prugråman WAP State Plan Såkkan 2020 siña machuli' gi Ufisinan Dibisión Energy, ni gaigi gi Capitol Hill, Building No. 1337, gi tutuhun i oran alas ochu gi egga'an (8:00 a.m.), gi Lunis, Mayu 18, 2020.

Para mås imfotmasion, put fabot ågang si Ms. Thelma B. Inos, Direktot Energy, gi 664-4480/81 pat email gi cnmienergy@gmail.com, Lunis asta Betnis, fuera di "holidays", ginin oran alas sietti imedia gi egga'an asta alas onsi imedia åntis di talu'åni (7:30 a.m. to 11:30 a.m.).

ARONGORONGOL TOULAP REEL YÉÉLAGH

Commonwealth Téél Falúw kka Efáng Ilól Marianas Bwulasiyol Soumááng, re alillis fengál me Bwulasiyol Public Works me Energy Division's Weatherization Assistance Program (WAP), re meseigh le arongawow bwe rebwe ayoora yéélághil toulap reel rebwe bweibwogh kkapas, afalafal, ngáre "suggestion" sángi aramasal bwughos wóól pommwol WAP State Plan ngáli Program Year 2020 me re tári ngáliir Alongeer Toulap rebwe túúta Ilól Yéélaghil Toulap iye ówtcheya.

Bwele reel lemelemil Executive Order 2020-06 me afal sángi Soumááng reel "Social Distancing" me Schuulap, iye e ssúl ngáli COVID19 Pandemic, Division of energy rebwe bweibwogh ischil kkapas, afalafal, ngáre "suggestions" sángi email me afangaló reel aar "designated office drop-box".

Isiisilongol ischil kkapas, afalafal, me ngáre "suggestions" ebwe isiisilong reel email ngáli Ms. Thelma B. Inos, Energy Director, me cnmienergy@gmail.com ngáre afanga ngáli "designated office drop-box" iye e lo Division of Energy Office, imwu e lo Building No. 1337, Ascencion Dr., Capital Hill, Saipan, MP 96950, mmwalil 2 p.m., ChSt., wóól Alimaté 02, 2020. Appaluwelil kkapas, afalafal ngáre "suggestions" ebwe toolong mmwalil 2:00 p.m., ChSt., wóól Alimaté 12, 2020. Ngáre e totto bwe esóór kkapas, afalafal ngáre "suggestions" ikka e toolong, WAP State Plan ngáli Program Year 2020 bwe ilaal amwirimwiril.

Eyoor pappidil Proposed WAP State Plan ngáli Program Year 2020 ubwe bweibwogh me Division of Energy Office, iye e lo Asúngúl, Building No. 1337, ebwe bweletáá 8:00 a.m., wóól Luunis , Ghúúw 18, 2020.

Reel maas arongorong, faingi Ms. Thelma B. Inos, Energy Director, me 664-4480/81 ngáre email-li me cnmiebergy@gmail.com, Luunis ngáli Bennis, saabw wóól holidays, sángi 07:30 a.m. ngáli 11:30 p.m.

/s/ James A. Ada
Secretary of Public Works

Opinion

Hafa Adai!
Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER
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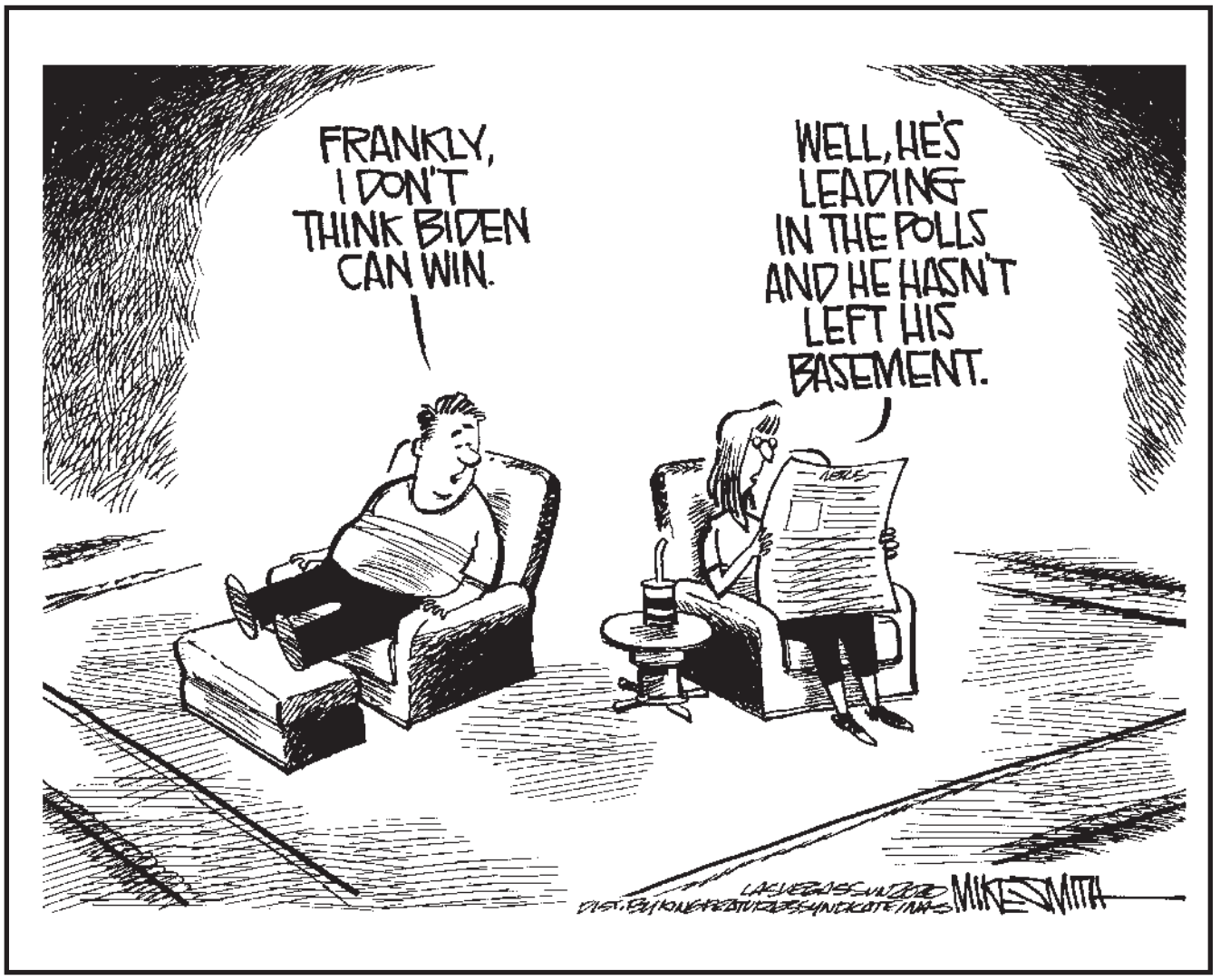

EDITORIAL

Protect health care whistleblowers so they can protect us

As with so many stories about health care workers in the pandemic, it was wrenching to read about a dedicated local nurse who died of COVID-19 just two weeks after rushing into the room of a patient who had stopped breathing. The nurse, Celia Marcos, had gone ahead and begun chest compressions, which cause virus-laden air to be expelled forcefully, even though she lacked an N95 mask that would have afforded her the best protection.

It's impossible to know for sure whether that was the event that sickened Marcos. What we do know is that tragic numbers of health workers have been infected, in some cases fatally, after caring for COVID-19 patients. For months now, there have been reports of doctors and nurses working without adequate personal protective equipment, including N95 masks. Often, one mask must suffice for an entire shift, which means it cannot be taken off all day. And those are the workers who even get an N95 mask.

"The hospital wasn't giving us appropriate PPE—the N95s were locked," said one nurse at Hollywood Presbyterian Medical Center, where Marcos worked. One striking detail: This nurse and other hospital staff refused to speak on the record for fear of retaliation from the hospital.

You can't blame them, considering what's been happening to other health care workers throughout the pandemic. Here are two examples: A doctor in Washington state was fired after he started posting on social media about the shortage of safety gear at his hospital, including, he said, nurses being told to treat patients without any kind of mask. He took to public postings, he said, only after his complaints to hospital management were dismissed. And 10 nurses at Providence St. John's Medical Center in Santa Monica were suspended last month after refusing to work without better protection.

The nonprofit news organization ProPublica has reported that doctors and nurses throughout the country have been fired, suspended, placed on leave or threatened for voicing their concerns. Many don't complain, fearful of getting into trouble.

It's not the hospitals' fault, for the most part, that personal protective equipment has been in such short supply. Blame that on federal and state leaders who failed to plan adequately for a pandemic. But it is not acceptable to discipline workers for complaining, either internally or publicly, about such a high-level health risk. Complaints might harm a hospital's reputation, but the public's right to know outweighs such considerations. Patients should be able to make decisions about where to seek care based on how well a hospital is equipped. And hospital managers might just feel pressured to work harder at protecting staff.

California has laws to guard nurses and other hospital staff from unsafe working conditions, as well as from retaliation for whistleblower complaints to the state under certain conditions. But it's not clear whether the whistleblower rules are

See PROTECT on Next Page

Year of wonders

"In 1665, the University of Cambridge temporarily closed due to the bubonic plague. Isaac Newton had to work from home, and he used this time to develop calculus and the theory of gravity." I'm sure your move to online instruction and remote learning has been just as productive.

Martin Kleppmann tweeted this out on March 9. After a little Googling, I found the actual quote from Newton about what historians call "annus mirabilis" or his "year of wonders." The budding 23-year-old scientist did indeed use this time outside of the classroom to discover many groundbreaking theories that went on to revolutionize science.

Over the last few months, we've heard the words "unprecedented," "uncertain" and "troubling" used more than we care to recall. I don't know about you but if I get one more email from (insert favorite retailer here) about us all being in this together... but seriously if I get one more email ...period.

I tell you the Newton story to remind you that there's really "nothing new under the sun." From the bubonic plague to the influenza epidemic of 1918, time and again society has been forced to deal with inexplicable loss of life at alarming rates, widespread personal and financial turmoil, fear of the unknown and attempts to escape the effects of an invisible but deadly scourge.

Our technologically advanced and globally interconnected society faces unique challenges due to COVID-19. That same technology allows us to stay connected in ways our ancestors could never have imagined, but the sheer volume of conflicting information we receive can at times be paralyzing.

Against the backdrop of the novel coronavirus, you have persevered. You overcame the abrupt end to the senior year you had envisioned and the memories you expected to make.

You transitioned completely to online learning. The struggle was real for everyone, including your teachers and professors who reinvented the wheel all while balancing their own home lives. Take advantage of this downtime to let them know how much you appreciate their efforts.

Someday you can tell your grandkids about how you submitted your final group assignment at 11:59 p.m. even with bad Wi-Fi, a sibling on a sleep strike howling in the next room and never hearing from that one guy on your team even though he apparently had plenty of time to learn the latest dance on TikTok.

Some of you have had to face seemingly insurmountable obstacles—unexpected economic hardship, tough home situations, job loss or you or your loved one catching the virus.

We haven't all been quarantine and chilling.

By COURTNEY MONTGOMERY
InsideSources.com

Courtney Montgomery is a visiting fellow at Independent Women's Forum. She wrote this for InsideSources.com.

By the way, even a genius like Isaac Newton had a troubled home life. His father passed away before he was born, his mother remarried a man he came to dislike and he was raised by his maternal grandmother. Like I said, there's nothing new.

Regardless of your personal situation, you've made it to this day. Take a moment to appreciate all you have accomplished and those who have supported you throughout this journey.

As you learned in your English literature classes, "no man is an island."

We don't know what the new normal is yet. We don't know when we are going to have a vaccine or effective treatment regimens.

Your summer plans may be up in the air. Like many, your job or internship opportunities may have drastically changed over the past few months.

In times of uncertainty, go back to the basics and ground yourself by reaffirming your core values.

The education you have received has empowered you with tools and honed your critical thinking skills. These skills will serve you well in whatever field you eventually find yourself.

More important than book knowledge and life skills is who you fundamentally are as a person.

The coronavirus crisis has exposed us.

We've seen the dark side of human nature. After the initial stories of toilet paper hoarders subsided, we've witnessed extremism on both sides of the "stay home" vs. "reopen now" crowds.

However, we have seen the front-line workers rise to the challenge. We have seen little kids sewing masks. We've read about the Italian priest who declined to use a ventilator so another patient had a chance to live.

The pandemic has taken much from us, but what remains is who we truly are at our core.

As you start your next chapter, remember that humanity has been here before, but you have not: Tomorrow still holds the potential to be your "year of wonders."

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Edgar Allan Poe's writings about plagues and how they relate to the current pandemic

By PAUL LEWIS
The Baltimore Sun

Paul Lewis (paul.lewis@bc.edu) is an English professor at Boston College, the immediate past president of the Poe Studies Association and the author of A Is For Asteroids, Z Is for Zombies: A Bedtime Book about the Coming Apocalypse.

Because the United States endured outbreaks of yellow fever and cholera during the lifetime of Edgar Allan Poe (1809-1849), and because Poe understood the appeal of gruesome subjects, it's not surprising that he wrote about plagues more than once. What is surprising is how accurately two of his dark tales anticipated America's polarized response to the coronavirus pandemic.

The stories begin by describing the impact of a disease. In "The Masque of the Red Death" (1842), we're told that "no pestilence had ever been so fatal, or so hideous." In The Sphinx" (1846), we read that "the very air ... seemed ... redolent with death."

Both stories are about people who retreat from centers of contagion and then show how their escape plans work out. But this is where the similarities end. "The Sphinx," in which the narrator becomes obsessed with the disease and exaggerates its impact, models how right-wing politicians and media personalities see the shutdown and distancing policies as extreme.

"The Masque"—in which a prince and his "lighthearted" friends (let's call them the 0.01%) retreat to "the deep seclusion of one of his castellated abbeys" and pass their time partying—is an allegory of privilege and inequality that models the progressive critique of America during the pandemic.

Because he expects the worst, "The Sphinx" narrator gazes out a window and mistakes an insect wriggling up a spider's web close to his eye for a gigantic monster coming for him over a distant hill. Terrified, he faints and falls to the floor. When President Donald Trump and Fox News hosts suggested that the coronavirus was either a hoax or no worse than the flu, they were implying that seeing it as a monstrous threat that required a national response was out of proportion to the danger we faced.

Because the prince and his friends seek to escape the overwhelming threat facing everyone in their country, their doom (oh yes, they all die) underscores the immoral inequality that separates rich from poor, aristocrats from commoners. Or, in the lexicon of Bernie Sanders, Democrats and MSNBC news hosts, the oligarchic "millionaires and billionaires" who monopolize wealth and power and think they can escape the global dangers that face humanity.

Seeing clearly and assessing threat levels accurately is Poe's theme in "The Sphinx." A sense of how important this is to crafting and implementing effective policies is undoubtedly contributing to the widely shared disapproval of the president's misleading comments during his daily briefings. The oversized impact of the pandemic on African Americans and other disadvantaged groups is providing a new argument in favor of universal health care.

Poe was in general not a didactic writer; in fact, he criticized stories and poems that sought to inculcate virtue and convey the truth. But the subject of the plague—with its built-in moral and religious frames—drew him to deviate from his general art-for-art's-sake practice. In these tales about epidemics, his themes are pointed and direct: when dealing with the plague, first understand its severity and, second, make common cause with the rest of humanity.

Neither denial nor selfishness will help because the danger is real and we are all in this together.

A grim COVID-19 lesson. We're paying a steep price for not investing in science

By MARCELO BONINI
Chicago Tribune

Marcelo Bonini is a professor of medicine in hematology and oncology at Northwestern University Feinberg School of Medicine.

My laboratory staff and I work to find solutions for metastatic breast cancer and chronic inflammatory disease. But science is not linear; solutions designed to resolve one problem end up helping with others. That's what happened with our research.

As we investigated what causes the immune system to trigger inflammatory chronic diseases, we found a potentially promising new treatment for acute respiratory distress syndrome, or ARDS. This is the condition that ultimately kills patients suffering from the gravest form of COVID-19.

But that promising research is now in the deep freeze. Literally. Vital tissue cultures from our experiments are in the freezer for an undetermined period of time until we can return to the lab.

Virtually all our ongoing experiments had to be terminated, and our laboratory infrastructure went into hibernation mode. Restarting research is not like flipping on a light switch. We will need to rebreed enough animals for experiments, retest all samples whose quality may have deteriorated, turn equipment back on and recalibrate delicate machinery. It could take six to 12 months before we are back up to full speed.

Now take our experience and multiply it by many thousands of labs around the world starting from scratch. Every scientist's project slammed to a halt at the same time. Since collaboration is the major pillar of science, we must wait until everybody's lab is up and running to reinstate the research pipeline. The few labs that remained open, largely to help with the diagnostics of COVID-19, are still swamped by COVID-19-related needs and unable to support other research labs in their effort to restart.

These research delays are also affecting the careers of postdocs and doctoral students—the scientists of the future—worldwide. The U.S. scientific workforce depends heavily on immigrant scientists. Like most of the research labs in this country, mine relies on associates who are here on work visas. With this administration imposing delays on visa processing times, a large portion of the scientific workforce may be in jeopardy, compounding the difficulties to ramp up research efforts. The lead scientist in my laboratory on the project that can help with ARDS is on a visa expiring soon. If it is not renewed or extended in time, he will need to stop working and, perhaps, leave the country. His expertise and desperately needed talent may be impossible to replace.

In this time of tremendous uncertainty one thing is clear: We need to facilitate ramping up research instead of making it more difficult. Two simple ways of doing that are: making sure our scientists can return to work as soon as public health authorities determine it is safe, and securing adequate levels of science funding so we can generate lifesaving knowledge as quickly as possible.

We'd be much further ahead in the effort to develop a vaccine for SARS-CoV2, the virus that causes COVID-19, if critical research hadn't been halted for lack of funding in 2016. If that research had continued, a vaccine for a similar virus would likely have been finalized. Hence, we would have the knowledge, the infrastructure and the ability to react much faster toward finding a vaccine.

Instead, we are facing tremendous, social, economic, mental and physical stress, waiting and praying for a coronavirus vaccine to be developed.

Science is the best, and arguably only, insurance we can buy to protect our future. We are now paying a very steep price for not investing in it.

PROTECT

From Page 8

broad enough to protect the front-line workers who risk their health each day to care for us. These are extreme times that call for allowing health professionals to speak openly and publicly about what's going on in their workplaces. California Gov. Gavin Newsom and other states' leaders should issue executive orders to clarify that in a public health emergency, medical workers have the right to speak out without fear.

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LETTER TO THE EDITOR

Learning nothing from past lessons

Does anyone remember Typhoon Soudelor and how all the federal monies could not seem to be accounted for? Or maybe remember the Typhoon Yutu overtime payments paid to administrators while the actual front-line workers did not get paid? Does anyone remember any resolution of these issues?

Now let's skip forward to today. The Legislature confirmed three dubious choices to the casino commission. These guys are lifelong political operatives. The former commission executive director? The former House speaker? The former Zoning board chairman? Seriously? These guys have all had ties, either directly or indirectly, to that unfinished monstrosity sitting in the middle of Garapan. IPI has many documented labor violations, a dangerous work environment, workplace deaths and injuries, various negative environmental impacts, failure to pay vendors and employees, and failure to pay in a timely manner with little taxes imposed. And, as previously noted, these three guys are among those responsible for IPI even being here. Yet, somehow, the Legislature thought it a good idea to let the foxes back in the hen house.

And then there is the issue of possible nepotism and/or favoritism regarding use of federal COVID-19 funding provided to the CNMI. To paraphrase Rep. Sablan, even if it's just public perception, it is still a problem.

What bothers me about all this is that we never seem to learn. I have lived on Saipan for nearly 34 years and I have repeatedly observed the process. There is a problem, someone says something about the problem, there is a period of mild public outrage, the offending party obfuscates, the issue is then forgotten, and we reelect the same questionable characters to start the process all over again.

Lastly, what is the deal with the continued complaining about the $20 million community benefit contribution? It is not hard to get the information about this issue. I've had the documents (the various public laws, the casino agreement, and the amendments) for over a year. I don't agree with the apparent public consensus that IPI must turn over $20 million a year to the CNMI government. That's not what the documents say. A lawyer friend of mine says that they are obligated to account for how that money is used. I'm not sure I agree with that. In any case, if those complaining feel that strongly about it, I have some advice: take the matter to court because that's what the courts are for. Use them. This continuous complaining serves no actual public purpose.

A few weeks ago I wrote a letter to the editor regarding lessons we can learn from the COVID-19 pandemic. It appears we have learned nothing.

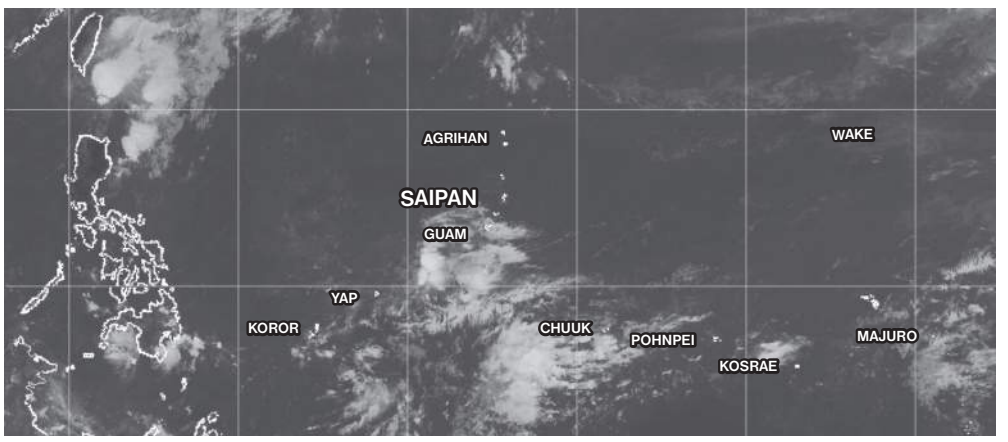
John Davis
Fina Sisu, Saipan

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Partly sunny with isolated showers. East winds 15 to 20 mph.	Partly cloudy with isolated showers. East winds 15 to 20 mph.	Partly cloudy with isolated showers.	Partly cloudy with isolated showers.	Partly cloudy with isolated showers.
90° 79°	90° 79°	90° 79°	90° 79°	90° 79°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 6:22 AM, SUNDAY, MAY 17, 2020

Western North Pacific between equator and 25N from 130E to 180.

Scattered showers and east trade winds prevail over the local area this morning. The scattered showers will persist through tonight over Guam and Rota.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

FLIGHT SCHEDULE

DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				**GUAM (GUM)-SAIPAN**			
UA117	9:15am	9:55am	1, 4, 6	UA174	7:30am	8:11am	1, 4, 6

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

MICRONESIA	▲ ▼ °F	
Guam and Rota	Partly Cloudy	88° / 80°
Palau	Thunderstorms	85° / 79°
Yap	Thunderstorms	86° / 80°
Chuuk	Thunderstorms	86° / 82°
Pohnpei	Thunderstorms	85° / 80°
Kosrae	Thunderstorms	85° / 80°
Majuro	Thunderstorms	85° / 79°

AROUND THE GLOBE	▲ ▼ °F	
Auckland	Mostly Sunny	61° / 46°
Beijing	Mostly Sunny	82° / 55°
Hong Kong	Thunderstorms	86° / 79°
Honolulu	Partly Cloudy	84° / 73°
London	Partly Cloudy	72° / 52°
Los Angeles	Partly Cloudy	74° / 57°
Manila	Thunderstorms	95° / 82°
Melbourne	Mostly Cloudy	64° / 54°
Miami	Mostly Sunny	84° / 74°
New York	Rain	61° / 54°
Osaka	Rain	75° / 64°
Paris	Sunny	73° / 48°
Busan	Showers	70° / 57°
Rome	Mostly Cloudy	84° / 63°
Salem	Thunderstorms	90° / 62°
San Francisco	Showers	59° / 51°
Seoul	Showers	64° / 52°
Tokyo	Rain	70° / 61°
Washington, DC	Rain	75° / 58°

DAY	SUNRISE	SUNSET
Today	5:47 AM	6:39 PM
Tuesday	5:47 AM	6:39 PM
Wednesday	5:47 AM	6:40 PM
Thursday	5:46 AM	6:40 PM
Friday	5:46 AM	6:40 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	2:52 AM	3:05 PM	-
Tuesday	3:27 AM	3:51 PM	-
Wednesday	4:02 AM	4:38 PM	-
Thursday	4:39 AM	5:26 PM	-
Friday	5:17 AM	6:16 PM	-

TIDES: SAIPAN HARBOR TODAY		FEET
5:02 AM	HIGH TIDE	1.88
11:42 AM	LOW TIDE	0.73
5:28 PM	HIGH TIDE	1.57
11:11 PM	LOW TIDE	0.80

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

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NMI CRIME STOPPERS

Anonymous tips can now be submitted through the following:
- Call 234-7272 (PARA) on any telephone
- *11 on any IT&E cellular phone
- Log on to the internet at www.nmicrimestoppers.net

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
OFFICE OF THE GOVERNOR

GOVERNMENT RESOURCE LISTING PAGE 1 (MAY 11, 2020)

Commonwealth Utilities Corporation
- ***Cashier & Customer Service***
  Monday - Friday
  8:00 AM - 1:00 PM
  Tel: (670) 664-4282
  Pay bills online at www.cucgov.org or via phone by calling toll free Tel: 1-(855)-729-2282

CNMI State Medicaid Agency
- ***Eligibility Office & Accounting / Claims***
  Monday - Friday
  7:30 AM - 4:30 PM
  Tel: (670) 664-4880/4882
  Still accepting applications and supporting documents via drop-box at Medicaid Office. Medicaid application & renewal/ redetermination forms must be original. Applications/forms available for pick up next to the drop-box or online at: www.medicaid.cnmi.mp

Department of Labor
- ***Assistance with Pandemic Unemployment Assistance (PUA) and the Federal Pandemic Unemployment Compensation (FPUC) programs call:***
  Monday - Friday
  8:00 AM - 12:00 PM
  Tel: (670) 670-989-9090 / 9084 / 9081 / 9089 / 9083 / 9080
  Email: info@puamarianas.com
  Website: marianaslabor.net

Office of Vocational Rehabilitation
- *Available via phone or email only on Mondays, Wednesdays, & Fridays from*
  9:00 AM - 1:00 PM
  Tel: (670) 322-6537/38
  Email: maryann@ovrgov.net

Department of Public Works
- ***Administrative Services Division***
  Monday - Thursday
  7:30 AM - 11:30 AM
  Tel: (670) 235-9570 / 5818
- ***Building Safety Code Division***
  Monday - Thursday
  7:30 AM - 11:30 AM
  Tel: (670) 234-2726 / 2296
- ***Energy Division***
  Monday - Thursday
  7:30 AM - 11:30 AM
  Tel: (670) 664-4480 / 4481
- ***Technical Services Division***
  Monday - Thursday
  7:30 AM - 11:30 AM
  Tel: (670) 234-9828 / 9838
- ***Roads and Grounds Division***
  Monday - Thursday
  7:30 AM - 11:30 AM
  Tel: (670) 322-9498
- ***Solid Waste Management Division***
  - ***Lower Base Transfer Station & Marpi Landfill***
    Open all week except Wednesday
    7:30 AM - 1:00 PM
    Tel: (670) 322-2745

Dept. of Land and Natural Resources
- ***Division of Land Registration***
  Monday - Thursday
  8:30 AM - 12:00 PM
  Tel: (670) 322-9987
- ***Division of Agriculture***
  Monday - Thursday
  8:30 AM - 12:00 PM
  Tel: (670) 256-3320
- ***Division of Fish & Wildlife***
  Monday - Thursday
  8:30 AM - 12:00 PM
  Tel: (670) 664-6000

SOCIAL DISTANCING TO BE IMPLEMENTED AT ALL OFFICES

GOVERNOR'S COVID-19 TASK FORCE HOTLINE TEL: (670) 287-0046

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COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
OFFICE OF THE GOVERNOR

GOVERNMENT RESOURCE LISTING PAGE 2 (MAY 11, 2020)

Department of Finance
- ***Division of Revenue & Taxation***
  Monday - Friday
  7:30 AM - 4:00 PM
  Tel: (670) 664-1000
- ***ALL OTHER DIVISIONS (Except Customs)***
  Monday - Thursday
  7:30 AM - 4:00 PM
- ***Division of Customs Services***
  - ***Airport:*** OPEN DAILY
    8:00 AM - 5:00 PM
  - ***Seaport:*** Monday - Friday
    8:00 AM - 5:00 PM
  - ***Chalan Kanoa Post Office:***
    Monday - Friday 7:30 AM - 4:30 PM
    Saturday 7:30 AM - 11:30 AM

Department of Public Lands
- Cashier Window
  Monday - Thursday
  9:00 AM - 11:00 AM
  Tel: (670) 234-3751/52/53/54
  For Appointments Call (670) 234-3751 or email dpl@dpl.gov.

Saipan Zoning Office
- *Available via phone only*
  Monday - Thursday
  7:30 AM - 11:30 AM
  Tel: (670) 234-9661/2/3
  Email: yubert.alepuyo@zoning.gov.mp

Office of the Attorney General
- ***Civil & Criminal Divisions***
  Monday - Friday
  8:00 AM - 12:00 PM
  Tel: (670) 237-7500 / 7600

Department of Public Safety
- ***Bureau of Motor Vehicle (BMV)***
  - ***Document Drop-Off For Vehicle / Watercraft Registration Renewal***
    Monday - Thursday
    9:00 AM - 12:00 PM
    Tel: (670) 664-9068
  - ***Document Drop-Off / Pick-up Drivers License***
    Monday - Thursday
    9:00 AM - 2:00 PM
    Tel: (670) 664-9066
- ***Firearms and Records***
  Monday - Thursday
  9:00 AM - 3:00 PM (For Walk-Ins)
  Tel: (670) 664-9072
- ***Highway Safety Office***
  Monday - Thursday
  9:00 AM - 3:00 PM
  Tel: (670) 664-9121 / 9125 / 9131

Department of Fire and Emergency Medical Services
- ***Fire Enforcement Office***
  Monday - Thursday
  7:30 AM - 4:00 PM
  Tel: (670) 664-9178

Commonwealth Bureau of Military Affairs
- Monday – Friday
  7:30 AM – 4:30 PM
  Tel: (670) 488-0220 / 0440
  Email: 0550glenna.reyes@gov.mp

Office of the Public Defender
- Monday - Friday
  9:00 AM - 3:30 PM
  Tel: (670) 234-6503

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GOVERNOR'S COVID-19 TASK FORCE HOTLINE TEL: (670) 287-0046

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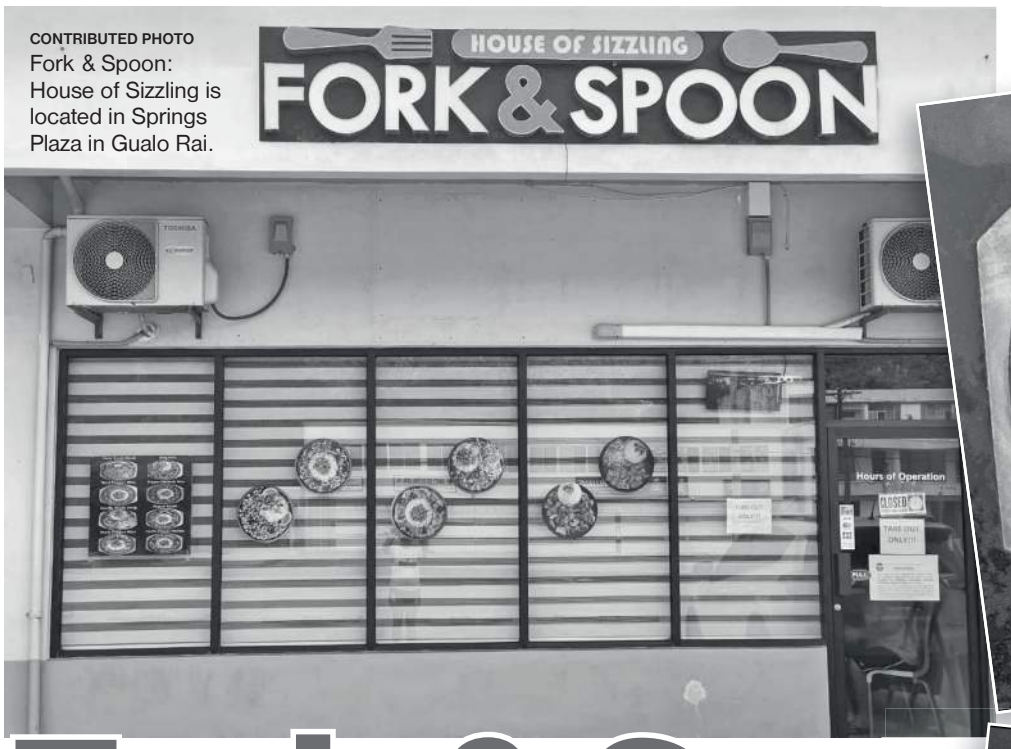
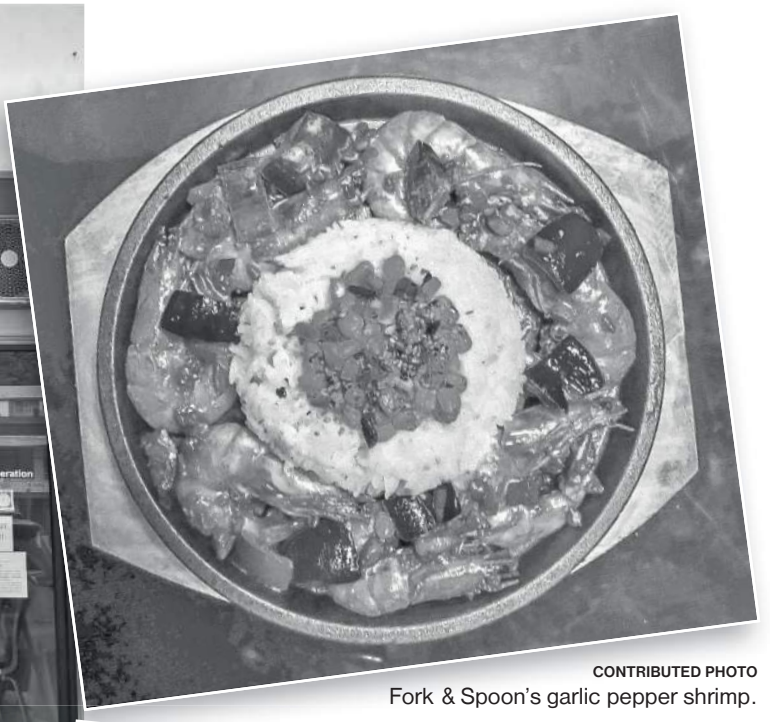
Business

By MARK RABAGO
mark_rabago@saipantribune.com
ASSOCIATE EDITOR



CONTRIBUTED PHOTO
Fork & Spoon: House of Sizzling is located in Springs Plaza in Gualo Rai.



CONTRIBUTED PHOTO
Fork & Spoon's garlic pepper shrimp.

Fork & Spoon

hopes to sizzle anew in reopening

A Saipan restaurant that specializes in steak, pork, and seafood dishes served in a cast iron sizzling hot plate looks to rebound after its opening last February was cut short by the COVID-19 pandemic.

Fork & Spoon: House of Sizzling held its grand opening only last Feb. 1, but had to temporarily suspend operations last March 30 as the islands went into semi-lockdown to help stop the spread of the coronavirus. The restaurant reopened last May 4 but co-owner Joan Boongaling said serving take-out is just not the same.

"Our sales have been greatly affected. …Our setup is for dine-in only, [for diners] to enjoy the experience of eating on a hot sizzling plate. With only take-out service, that experience is taken out of the equation and our sales hit rock bottom," she said.

Fork & Spoon has reconfigured its dining area for minimum contact and adhere to the 6-foot social distancing protocol for customers picking up orders. Boongaling said their take-out menu is the same as its pre-COVID-19 offerings, sans the hot plate of course.

Fork & Spoon customers can still choose from best-sellers like garlic steak bites, rice sisig, beef pepper rice, pepper squid, garlic pepper shrimp, pork pepper rice, and the mouth-watering 8-ounce New York steak. "Thank you for your continued patronage of Fork & Spoon during these times. We will continue to serve you through take-out service only," she said.

Boongaling said many of their loyal customers miss the sizzle of the cast iron hot plate, though, and she wishes a quick return to normal operations.

Fork & Spoon is located in Springs Plaza in Gualo Rai and is open Monday-Saturday from 11am to 2pm. For more information or to order in advance, call 285-5626 or 235-5626 or look them up on Facebook and Instagram @forkandspoon.

It is also open for catering services with at least one-day advance booking.

CONTRIBUTED PHOTO
Fork & Spoon's garlic steak bites.

Economy in crisis: more virus aid or wait and see?

WASHINGTON (AP)—The unparalleled speed of the collapse of the U.S. economy, forcing more than 36 million Americans out of work, has left an all-too-common political divide, with many Republicans seeing reasons to believe the worst is over while Democrats call for more aid to stave off a possible depression.

After approving nearly $3 trillion to help stem staggering losses for businesses and workers, Republicans say they want to see if that aid is sufficient as unemployment claims slow and shelter-in-place orders are eased. But House Democrats argue that another $3 trillion rescue package is urgently needed or the crisis will worsen and workers could suffer permanent dislocation, a view shared generally by Federal Reserve Chairman Jerome Powell.

The political gridlock baffles many economists who see the need for action on multiple fronts.

"It's crazy," said Timothy Bartik, a senior economist at the Upjohn Institute in Michigan. "It makes no sense to me."

One reason for their concern is the many uncertainties that lie ahead. Will the coronavirus start to fade as a threat? Will customers return to stores? Will colleges and schools reopen? Will smaller companies still have enough cash to operate as the lockdown eases?

What is clear are the risks of atrophy if the U.S. economy spends too much time shuttered, the risks of further job losses because of slashed state and city budgets and the risks for incumbents seeking reelection with the worst economic numbers since the Great Depression.

Bartik estimates that cutbacks by state and local governments due to lost tax revenues would cause the overall U.S. economy to shrink by 4% annually, unless the governments receive roughly $1 trillion in federal help over two years. His numbers align with the proposal by House Speaker Nancy Pelosi, though he would prefer if the funding was tied to economic data so that its distribution could be adjusted as needed.

But Democrats could err if they fail to find ways to reopen the economy, as the job losses are of such a magnitude that the economy could suffer lasting damage. Harvard University economist James Stock said at a webinar held Tuesday by the Brookings Institution that people need to start returning to their jobs, while avoiding mass gatherings such as baseball games and backyard barbecues in order to contain the disease.

"It's clear we need to reopen the economy now — this is urgent," said Stock, adding that the situation is delicate given the risks of a second wave of infections.

The situation is so uncertain that Powell took the unusual step of saying that lawmakers must do more for the communities that elected them.

His words were phrased in the language of bureaucrats, but his message was clear: More money is needed now.

"Additional fiscal support could be costly but worth it if it helps avoid long-term economic damage and leaves us with a stronger recovery," Powell said Wednesday. "This trade-off is one for our elected representatives, who wield powers of taxation and spending."

Voters have sent mixed messages about the economy and political leaders, as the vast majority of people who lost jobs expect to be rehired. More than half approve of President Donald Trump's handling of the economy, even though 71% described economic conditions as poor.

Republicans can point toward some optimistic signs. Requests for unemployment aid fell to 3 million last week from a peak of 6.9 million at the end of March. Industry data hint that drops in retail spending bottomed out in the middle of April.

IT&E extends no data caps for postpaid subscribers to May 31

IT&E announced that its subscribers will continue to enjoy no data caps until May 31, 2020.

With no data caps until the end of the month, subscribers will be better able to keep in touch with loved ones, stay up to date with the latest news and announcements, continue to work and maintain their businesses from home, and keep children educated and entertained.

"We understand that as a community we might be facing financial hardships in the coming months. To help alleviate these challenges, we at IT&E want to provide our subscribers with some relief. Now, more than ever, it's important, for those of us who are able, to do what we can to help one another," said IT&E CEO Jim Oehlerking.

To help reduce the risk of exposure to COVID-19, subscribers are encouraged to take advantage of a full range of IT&E services online at ite.net, including new phone and accessory purchases, bill pay, and Live Chat with associates for assistance and inquiries. Customers can also call the IT&E Customer Care Center at (670) 682-4483 [CNMI]/ (671) 922-4483 [Guam] for assistance.

For those who prefer to visit, IT&E stores are open with additional health and safety measures in place, including mask requirements, social distancing measures, frequent sanitization of customer and employee areas ,and plexiglass shields installed at customer service counters. Employees are required to wash hands frequently and to stay home if feeling sick.

Customers that have symptoms such as cough, fever, and shortness of breath will not be allowed to enter the store.

Updated store hours and safety measures can be found at the IT&E website and official social media pages. ***(PR)***

Bank of Guam Mangilao branch reopens

HAGATNA, Guam—Bank of Guam announces the reopening of its Mangilao Branch beginning today, May 18. As with the Hagatna, Upper Tumon, and Andersen branches, as well as the Tumon drive-thru, the Mangilao Branch's hours will be 9am-1pm Monday thru Friday, closed Saturdays.

Bank of Guam president and chief executive officer Joaquin P.L.G. Cook noted, "We continue to assess the gradual opening of our Guam branch network using a measured approach so that safety concerns are appropriately balanced with our customers' need to access our branches."

For additional information, contact Jackie Marati at (671) 472-5258. ***(PR)***

Nation

Trump's emergency powers worry some senators, legal experts

WASHINGTON (AP)—The day he declared the COVID-19 pandemic a national emergency, President Donald Trump made a cryptic offhand remark.

"I have the right to do a lot of things that people don't even know about," he said at the White House.

Trump wasn't just crowing. Dozens of statutory authorities become available to any president when national emergencies are declared. They are rarely used, but Trump last month stunned legal experts and others when he claimed—mistakenly—that he has "total" authority over governors in easing COVID-19 guidelines.

That prompted 10 senators to look into how sweeping Trump believes his emergency powers are.

They have asked to see this administration's Presidential Emergency Action Documents, or PEADs. The little-known, classified documents are essentially planning papers.

The documents don't give a president authority beyond what's in the Constitution. But they outline what powers a president believes that the Constitution gives him to deal with national emergencies. The senators think the documents would provide them a window into how this White House interprets presidential emergency powers.

"Somebody needs to look at these things," Sen. Angus King, I-Maine, said in a telephone interview. "This is a case where the president can declare an emergency and then say, 'Because there's an emergency, I can do this, this and this.'"

King, seven Democrats and one Republican sent a letter late last month to acting national intelligence director Richard Grenell asking to be briefed on any existing PEADs. Sen. Patrick Leahy, D-Vt., wrote a similar letter to Attorney General William Barr and White House counsel Pat Cipollone.

"The concern is that there could be actions taken that would violate individual rights under the Constitution," such as limiting due process, unreasonable search and seizure and holding individuals without cause, King said.

"I'm merely speculating. It may be that we get these documents and there's nothing untoward in their checks and balances and everything is above board and reasonable."

Joshua Geltzer, visiting professor of law at Georgetown University, said there is a push to take a look at these documents because there is rising distrust for the Trump administration's legal interpretations in a way he hasn't seen in his lifetime.

The most publicized example was Trump's decision last year to declare the security situation along the U.S.-Mexico border a national emergency. That decision allowed him to take up to $3.6 billion from military construction projects to finance wall construction beyond the miles that lawmakers had been willing to fund. Trump's move skirted the authority of Congress, which by law has the power to spend money in the nation's wallet.

"I worry about other things he might call an emergency," Geltzer said. "I think around the election itself in November—that's where there seems to be a lot of potential for mischief with this president."

The lawmakers made their request just days after Trump made his startling claim on April 13 that he had the authority to force states to reopen for business amid the pandemic.

"When somebody's the president of the United States, the authority is total," Trump said, causing a backlash from some governors and legal experts. Trump later tweeted that while some people say it's the governors, not the president's decision, "Let it be fully understood that this is incorrect."

Trump later backtracked on his claim of "total" authority and agreed that states have the upper hand in deciding when to end their lockdowns. But it was just the latest from a president who has been stretching existing statutory authorities "to, if not beyond, their breaking point," said Stephen Vladeck, a law professor at the University of Texas.

Questions about Trump's PEADs went unanswered by the Justice Department, National Security Council and the Office of the Director of National Intelligence.

Elizabeth Goitein, co-director of a national security program at the Brennan Center for Justice at New York University School of Law, said PEADs have not been subject to congressional oversight for decades. She estimates that there are 50 to 60 of these documents, which include draft proclamations, executive orders and proposed legislation that could be swiftly introduced to "assert broad presidential authority" in national emergencies.

AP

In this March 12, 2020, file photo, President Donald Trump speaks during a meeting with Irish Prime Minister Leo Varadkar in the Oval Office of the White House in Washington.

Democrats push new $3T coronavirus relief bill through House

WASHINGTON (AP)—Democrats have powered a massive $3 trillion coronavirus relief bill through the House, an election-year measure designed to brace a U.S. economy in free fall and a health care system struggling to contain a pandemic still pummeling the country.

Friday's 208-199 vote, with all but one Republican opposed, advances what boils down to a campaign-season display of Democratic economic and health-care priorities. It has no chance of becoming law as written, but will likely spark difficult negotiations with the White House and Senate Republicans. Any product would probably be the last major COVID-19 response bill before November's presidential and congressional elections.

The enormous Democratic measure would cost more than the prior four coronavirus bills combined. It would deliver almost $1 trillion for state and local governments, another round of $1,200 direct payments to individuals and help for the unemployed, renters and homeowners, college debt holders and the struggling Postal Service.

"Not to act now is not only irresponsible in a humanitarian way, it is irresponsible because it's only going to cost more," warned House Speaker Nancy Pelosi, D-Calif. "More in terms of lives, livelihood, cost to the budget, cost to our democracy."

Republicans mocked the bill as a bloated Democratic wish-list that was dead on arrival in the GOP-led Senate and, for good measure, faced a White House veto threat. Party leaders say they want to assess how $3 trillion approved earlier is working and see if some states' partial business reopenings would spark an economic revival that would ease the need for more safety net programs.

Republicans are also sorting through internal divisions and awaiting stronger signals from President Donald Trump about what he will support.

"Phase Four is going to happen," Trump told reporters in the Oval Office, using Washington insider-speak for the measure. "But it's going to happen in a much better way for the American people."

Trump and top Republicans like Senate Majority Leader Mitch McConnell, R-Ky., are insisting the next measure should protect reopening businesses from liability lawsuits. The president is also demanding a cut to payroll taxes, but GOP leaders are not yet onboard.

The daylong debate painted a Capitol scene that's become common in the era of coronavirus, even as it remains disconcerting. The sparsely populated House floor was dotted with lawmakers and aides wearing protective masks and even gloves, though some Republicans lacked them.

Obama criticizes virus response in online graduation speech

WASHINGTON (AP)—Former President Barack Obama on Saturday criticized U.S. leaders overseeing the nation's response to the coronavirus, telling college graduates in an online commencement address that the pandemic shows many officials "aren't even pretending to be in charge."

Obama spoke on "Show Me Your Walk, HBCU Edition," a two-hour event for students graduating from historically black colleges and universities broadcast on YouTube, Facebook and Twitter. His remarks were unexpectedly political, given the venue, and touched on current events beyond the virus and its social and economic impacts.

"More than anything, this pandemic has fully, finally torn back the curtain on the idea that so many of the folks in charge know what they're doing," Obama said. "A lot them aren't even pretending to be in charge."

Later Saturday, during a second televised commencement address for high school seniors, Obama panned "so-called grown-ups, including some with fancy titles and important jobs" who do "what feels good, what's convenient, what's easy."

"Which is why things are so screwed up," he said.

Obama did not name President Donald Trump or any other federal or state officials in either of his appearances. But earlier this month, he harshly criticized Trump's handling of the pandemic as an "absolute chaotic disaster" in a call with 3,000 members of his administrations obtained by Yahoo News.

The commencement remarks were the latest sign that Obama intends to play an increasingly active role in the coming election. He has generally kept a low profile in the years since he left office, even as Trump has disparaged him. Obama told supporters on the call that he would be "spending as much time as necessary and campaigning as hard as I can" for Joe Biden, who served as his vice president.

As he congratulated the college graduates Saturday and commiserated over the enormous challenges they face given the devastation and economic turmoil the virus has wrought, the former president noted the February shooting death of Ahmaud Arbery, 25, who was killed while jogging on a residential street in Georgia.

Asia

India cases pass China; Nepal reports 1st death

BANGKOK (AP)—India's confirmed coronavirus cases have surpassed China's, with the Health Ministry on Saturday reporting a spike to 85,940 infections and 2,752 deaths.

China has reported 82,941 confirmed case and 4,633 deaths since the virus was first detected late last year in the central city of Wuhan.

The worst-hit Indian states are Maharashtra with 29,100 cases, Tamil Nadu with 10,108, Gujarat with 9,931 and New Delhi with 8,895.

In the last 24 hours, India had confirmed 3,970 new cases and 103 fatalities.

Prime Minister Narendra Modi's government is due to announce a decision this weekend on whether to extend the 54-day-old lockdown.

Early this month, the government started gradually easing the restrictions to resume economic activity by allowing neighborhood shops to reopen and manufacturing and farming to resume. It also has resumed limited train services across the country to help stranded migrant workers, students and tourists.

In other developments in the Asia-Pacific region:

■ **NEPAL REPORTS FIRST VIRUS DEATH:** Nepal's Health Ministry said Saturday that a woman who recently gave birth before becoming sick died Thursday at a hospital near Kathmandu, becoming the country's first known fatality from the coronavirus. The 29-year-old woman gave birth on May 8 in Kathmandu and then returned home. She was brought to a hospital near her village after falling sick. Hospital results showed that she tested positive for the virus. Nepal has 281 confirmed cases. A lockdown imposed on March 24 to stop the spread of the virus has been extended several times and is scheduled to end on Sunday. All flights and ground transport have been halted and people are prohibited from leaving their houses. All schools and most markets are closed.

■ **CHINA TO CUT SHORT ASSEMBLY:** A Chinese official confirmed that the annual legislative session will be curtailed to protect public health during the coronavirus pandemic. Zhang Yesui, the chair of the Foreign Affairs Committee of the National People's Congress, did not indicate how much it would be shortened. He told the official Xinhua News Agency that the agenda and schedule would be approved before the session starts in Beijing on May 22. The congress, delayed from March because of the outbreak, normally lasts about two weeks. Police have announced a ban on drones and other low-flying objects from May 20-28 because of the meeting, so this year's could run about a week. China's ruling Communist Party decided to go ahead with the meeting of 3,000 delegates after largely stopping the spread of the virus. But some government officials will join breakout sessions with deputies via video link, and news conferences will also be conducted remotely by video.

■ **NO SPECIAL FAVORS:** New Zealand Prime Minister Jacinda Ardern found out there are no exceptions when it comes to social distancing after she was initially turned away from a cafe because it was too full under coronavirus guidelines. Ardern and her fiance, Clarke Gayford, decided to get brunch Saturday at Olive, a restaurant in the capital, Wellington. That was two days after the country relaxed many of its lockdown rules, including reopening restaurants. But groups must remain at least 1 meter (3 feet) apart from each other. Many restaurants have limited their seating to comply with the rules. What happened next played out on Twitter: "Omg Jacinda Ardern just tried to come into Olive and was rejected cause it's full," wrote one Twitter user, Joey. Gayford took the time to respond: "I have to take responsibility for this, I didn't get organized and book anywhere. Was very nice of them to chase us down st (street) when a spot freed up. A+ service."

■ **SOUTH KOREA NIGHTCLUB CASES WANE:** South Korean officials have so far confirmed 162 coronavirus cases linked to club goers in the densely populated Seoul metropolitan area, and are expressing cautious hope that infections are beginning to wane. Health Ministry official Son Young-rae said Saturday that the country may have ducked a major surge in transmissions in a region where half of its 51 million people live. Son noted that the daily increase in infections has been within 30 over the past few days despite a jump in tests. Son said 46,000 people have so far been tested following a slew of infections linked to clubs and other nightspots in Seoul's Itaewon entertainment district. "It's notable there were no new transmissions in churches, call centers and gyms where virus carriers went to," said Son. Authorities have expanded anonymous testing after some media described the clubs linked to infections as catering to sexual minorities, which raised concern that people may be discouraged from coming forward in fear of homophobic backlash.

Truck collision on Indian highway kills 23 migrant workers

LUCKNOW, India (AP)—At least 23 migrant workers were killed Saturday when a truck they were traveling in crashed into a stationary truck on a highway in northern India, an official said.

Tens of thousands of migrant laborers have been returning from big cities to their villages after losing jobs because of a countrywide lockdown imposed in late March to contain the spread of the coronavirus.

The government has started a limited number of trains to facilitate their travel, but thousands are using trucks and buses or even riding bikes or walking long distances on the highways.

Magistrate Abhishek Singh said 20 other people were injured in the latest accident near Auraiya, a village in Uttar Pradesh state. The cause of the crash is being investigated.

Local villagers were the first to reach the site and help the victims. "The injured have been rushed to hospitals where the condition of several people is said to be critical," Singh said.

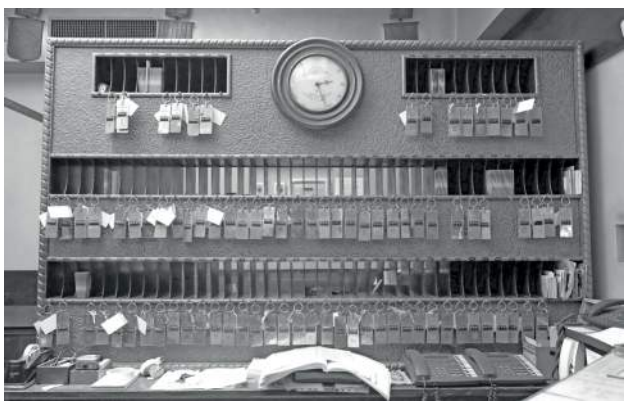
The workers were on their way from New Delhi to their villages in Bihar, Jharkhand and West Bengal states, Singh said. Auraiya is 230 kilometers (145 miles) southwest of Lucknow, the capital of Uttar Pradesh state.

In the past week, dozens of workers have been killed across India, On May 8, a train plowed through a group sleeping on the tracks in western Maharashtra state, killing 16. Another 15 laborers were killed in three separate road accidents.

World

Italy seeks to boost tourism by opening borders June 3

VENICE, Italy (AP)—The Italian government announced Saturday that it will throw open its borders next month, effectively ending Europe's longest and strictest coronavirus lockdown just as the summer tourism season gets under way.



AP

In this picture taken on Wednesday, May 13, 2020, keys hang at the reception of the Saturnia hotel, in Venice, Italy.

Both regional and international borders will open June 3, with the government eliminating a 14-day quarantine for anyone arriving from abroad. Many hope the move will revive a decimated tourist industry, which is worth 13% of Italy's gross domestic product.

Such an opening is exactly what tourism operators have been waiting for -- even if European neighbors so far appeared be wary of the unilateral Italian announcement.

"We hope to work with the neighboring countries, those who can travel by car," said Gianni Serandrei, the owner of the 4-star Hotel Saturnia near St. Mark's Square.

The hotel's last guest—a determined couple of honeymooners from Argentina—checked out around March 11, days after Italy's lockdown. And when phones have rung in recent months, it has been with cancellations, with only a few reservations for 2021 trickling in.

Serandrei said that Saturnia's clients are overwhelmingly foreign, making open borders and an eventual resumption of air traffic key to a successful season. With no clear indication of when more regular air traffic will resume, he is looking forward to further signals before committing to a June 3 opening. The caution may be merited.

Germany—whose border is about a 4-hour drive from Venice through Austria—is instructing citizens not to travel abroad for tourism until at least June 15. And officials in neighboring France made clear that they had sought a coordinated European effort on border openings, indicating Italy had jumped the gun.

During a visit to a Normandy beach, Interior Minister Christophe Castaner said on Saturday that European countries should work together in solidarity and held out the possibility of France acting to protect its citizens.

Italy's national hotel federation said that by April the sector had already shed 106,000 jobs, with occupancy dropping by 99% for foreigners and 96% for Italians. Another half a million jobs are at risk if the summer season does not take off, according to the association.

Arrests at anti-lockdown demonstrations in Warsaw, London

FRANKFURT, Germany (AP)—Demonstrations took place Saturday in several European cities against restrictions aimed at controlling the spread of the coronavirus, with tear gas used on protesters in Poland and arrests made at a gathering in London's Hyde Park.

Police in several German cities enforced distancing rules as thousands of people gathered to express a mix of frustrations—at restrictions battering the economy and a perceived loss of civic freedom. In some places, people also voiced conspiracy theories and anti-vaccine views.

Police in Stuttgart said that the permitted number of 5,000 demonstrators was exceeded and directed arriving participants to another open space. Police said there were enforcing a mask requirement under threat of a 300 euro ($325) fine.

The permitted number of 1,000 protesters was reached in Munich on the Theresienwiese event grounds, site of the now-cancelled Oktoberfest beer festival. It was one of a number of gatherings across the southern state of Bavaria.

Several dozen people protested anti-virus rules to loud music in Berlin in a taped-off demonstration area on the central Alexanderplatz square, overseen by 1,000 police who enforced a 1.5 meter (six-foot) distancing requirement and a ban on more than 50 people in one place, the dpa news agency reported. Among the permitted protest groups were several dozen counter-protesters denouncing conspiracy theories and supporting the rights of migrants.

Germany and other countries have started to loosen some of the restrictions on movement, gatherings and businesses under restrictions on numbers of customers and spacing of seating. Retailers and restaurants have been hard hit and face uncertain futures. Germany's professional soccer league resumed matches on Saturday in stadiums without spectators.

Dozens of people, including a senator, were detained during a protest by business owners in the Polish capital against coronavirus restrictions, while police used tear gas against protesters. The city of Warsaw said the gathering was illegal because it had not been previously approved.

Jacek Bury, a senator for the opposition Civic Platform party, said he was hurt by police when trying to defend another protester. Warsaw police said they faced cases of "aggression against police officers." Police denied using force against Bury.

In Britain, anti-lockdown and anti-vaccine protesters held a gathering in Hyde Park in central London and were met by a heavy police presence.

The protesters chanted "Freedom" and held handmade placards. Some sat on the grass and had picnics while observing social distancing guidelines while others ignored the rules and gathered in groups.

Health & Wellness

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Trying to boost your immune system as coronavirus spreads? Here are tips from experts

By SIMONE JASPER
THE NEWS & OBSERVER (RALEIGH, N.C.)

Adults should sleep at least seven hours each night.

Healthy immune systems can help ward off infections, health experts say.

As the coronavirus spreads across the United States, people may think about giving their bodies an extra boost.

Though no single measure is guaranteed to protect against COVID-19, some practices can help immune systems be strong, The New York Times reported.

Here are some to try at home.

Building a strong immune system can start at the dinner table, health experts say.

That's because a healthy gut is key in the fight against infections, according to Orlando Health.

Adults should eat about five daily servings of produce, each one being roughly the size of a piece of fruit, the hospital system wrote on its website.

Doctors recommend eating spinach, mushrooms, strawberries and other foods packed with nutrients, such as vitamins A, C and D, according to CNBC.

The coronavirus has left some store shelves bare and restaurants with limited service.

But eating a healthy diet is important for people in self-quarantine, meaning they are away from others after possible exposure to the disease, according to the World Health Organization.

Spinach and strawberries salad.

"Limited access to fresh foods may lead to an increased consumption of highly processed foods, which tend to be high in fats, sugars and salt," WHO said. "Such changes in eating behavior could have a negative effect on the immune system."

Other tips to help your immune system

Getting enough sleep is another step toward a bolstered immune system, according to AARP.

"Your immune system is like your computer—it needs moments of rest so it doesn't become overheated," Dr. Mark Moyad of the University of Michigan Medical Center told the organization. "Sleep reboots the system."

Adults should sleep at least seven hours each night, according to the Centers for Disease Control and Prevention.

While awake, limiting stress is also an important way to boost the immune system, The New York Times and other websites reported.

During the coronavirus pandemic, the CDC recommends people who are stressed take breaks from news about the virus, make healthy choices and talk to others they trust.

Another immune system boost can come from exercising, according to AARP. Health experts recommend working out in 30-minute sessions for five days a week.

Though gyms have closed to help slow the spread of the coronavirus, stay-at-home orders have allowed people to stay fit in outdoor spaces.

People with conditions that compromise their immune systems are at higher risk of getting seriously sick from the disease. Some of those conditions include receiving cancer treatments or getting organ transplants, according to the CDC.

Packing on pounds during COVID-19 and how to turn it around

If you've gained weight during the COVID-19 pandemic, you aren't alone. The "Quarantine 15"—referring to weight gain some people have experienced since stay-at-home guidelines went into effect—is likely due to a disruption in daily routine and habits.

"People's habits have changed quite a bit since we're spending more time at home," says Dr. Donald Hensrud, medical director of Mayo Clinic's Healthy Living Program. And those changes in habits can lead to health and medical issues down the road. Dr. Hensrud shares his thoughts on the disruption of habits and how people can find new habits.

"Now, I want to make a point for some people: getting enough food, getting enough calories and maintaining weight may be an issue," says Dr. Hensrud. "Some people may have to worry about maintaining their weight not unintentionally losing weight. But for many of us, our habits have changed."

Change in movement

"For example, people think about exercise right away, and they should," says Dr. Hensrud. "Fitness centers are closed, people may be doing less exercise and burning less calories through activity that way. What people don't think quite as much about though is low-level activity throughout the day. Even if we have a desk job, we have to walk at least to our car to get to work. We may walk throughout the day; we may walk to lunch. And, so, for spending time at home, that low-level activity may be causing us to burn fewer overall calories."

Consuming more calories

"We may be consuming more calories. On the good side, we're eating out less at restaurants. Sometimes that can be high-calorie. We still may be taking takeout at home, so there might be a little bit of a good thing there, a decrease in calories. However, many people are stocking up frozen foods and processed foods that have a long shelf life. Many times, they're higher in calories and less healthy. On the flip side, for example, fruits and vegetables. They don't last as long, and we may be consuming less of them. There are a number of reasons why we might be at risk for weight gain through our habits that have changed, both in burning activity and in consuming more calories," says Dr. Hensrud.

Why weight gain matters

"A few pounds short term may not make a difference. It could be fluid. It might be just a little weight gain while we establish new routines. Obviously, the more weight we gain and the longer it's maintained, the more it affects our health," says Dr. Hensrud. "For children, for example, it's been shown that children's weight tracks to some extent. If children establish those habits, or lack of healthy habits when they're young and they gain weight, that might persist as they go into adolescence and adulthood."

"Similarly, with adults, as we maintain those habits, if we can establish a new routine, the longer this goes on, then we can arrest that weight gain and try and maintain a normal weight. It's more important for some people than others. For example, people who have diabetes or high blood pressure. Just a modest amount of weight gain in some people, if they're sensitive to that, can increase their blood glucose and blood pressure, and they won't have as well a good control over these factors, over these conditions. So, it depends on the individual, it depends on their health conditions, and it depends on long-term habits or routines," says Dr. Hensrud.

Establish new habits

"With all habits, it takes time to establish them, so everybody is getting accustomed to this new normal. I'd encourage people to establish those new healthy habits now. You have to be a little proactive about this, and that'll make it easier in the long term. Break out of your comfort zone," says Dr. Hensrud.

"Instead of giving in to large amounts of comfort food, this can be an opportunity to take foods that we may not think of as healthy—you can make burritos, bean burritos or even pizza. If you make it in the correct way, it can be a healthy food. Invest some time. Planning is a real key here if you plan ahead rather than just grabbing something at the last moment. Try and raise your culinary skills and do a little bit more cooking. It's an opportunity for that, too. So, if we can embrace this, embrace our new normal, look for opportunities to establish new healthy routines."

"Eating healthy and eating well don't have to be drudgery. It can and should be an enjoyable way to live. And if we can do that, then we can better manage our weight and our overall health during this pandemic," says Dr. Hensrud. ***(Mayo Clinic News Network)***

Check the CDC website for more information on caring for someone with COVID-19 and for the latest updates on the pandemic. For more information and COVID-19 coverage, go to the Mayo Clinic News Network and mayoclinic.org.

Life & Style

Michael Jordan's daughter learns more about her dad

By GARY GERARD HAMILTON
ASSOCIATED PRESS

Jasmine Jordan is getting an intimate look into the psyche of her heralded father, Michael, just like the rest of the world. The 27-year-old wasn't born when her dad won the first two of his six championships with the Chicago Bulls, so like many watching "The Last Dance," there are some things she's learning for the first time.

"I'm definitely texting him nonstop. I think there hasn't been an episode, a Sunday where I haven't been like, 'This happened—let me know your thoughts,'" says the youngest and only daughter of his three adult children with Juanita Vanoy. (Jordan has 6-year-old twin girls with current wife Yvette Prieto Jordan.) "I was super young, so I'm really taking this in as a fan."

The 10-part docuseries, airing on ESPN in the United States and on Netflix elsewhere, details the 1998 Bulls' season, Jordan's final year with the team and the organization's last championship. While it focuses on the challenges and triumphs of Jordan's illustrious basketball career, it also delves into personal tragedies, such as the murder of his father, and scandal, such as his public gambling habits.

The Associated Press talked with Jasmine Jordan about growing up as his child, his legacy, and what can turn one of the most intimidating players in the history of basketball turn into Silly Putty. The conversation has been edited for brevity and clarity.

■■■

AP: Everybody's been going crazy over "The Last Dance." What's been your perspective?

Jordan: It's been incredible to watch. You know, I didn't get any previews or anything like that, so I'm watching it real time with everyone else and really just taking it in as a fan, essentially. So it's been really eye opening. I think if you remove the basketball aspect and all the accolades he achieved for obvious reasons, I think I'm definitely learning that my dad was really trying to take in the pressures and the expectations and not allowing it to weigh on him and really manifesting it to his own. ...I've definitely been seeing him really take on that role and embracing that role and not running from it and really becoming the greatest player to ever play the game. That's because he always wanted to do that.

Jordan

AP: When you see some of those like emotional moments, do you recognize that person as your dad?

Jordan: Some of them, yes. Some of them I do. I know when it comes to the game, his passion is unmatched. His energy's unmatched. So when he's going at Steve Kerr or checking Scottie and trying to get that fire and tenacity out of them, I'm like, 'Oh, yeah, that's Dad.' I mean, he'll do that to me just so I can get an A out of a test or two. (laughs) And I'm just trying to pass school, I'm not even winning championships. So that is definitely totally him.

AP: What type of father was he to you?

Jordan: I was definitely a daddy's girl growing up. And, you know, he still calls me 'Princess' to this day and I'm almost 30. ... He definitely wanted to coddle and protect and nurture and baby me as much as he can. But you also knew the harsh reality of the burden that I was going to have to endure the older I got. So he wanted to make sure I had tough skin. And I understood that, hey, there's going to be a target on my back.

AP: How did your relationship, or did it, change after your dad retired?

Jordan: When he was playing, he did his best to be as involved as he could be while I was growing up. He made sure to take me to school when he could or go to my recitals and dance and things like that that I was a part of. So once he retired, it definitely was a change in gears, and it was something that he and I really had a conversation about. It's like, "OK, you're done. So how do we work on the relationship? How do we even make it stronger than what it was like?" So we definitely really worked hard and put forth that effort because obviously once you take something you love away from somebody, it's that hole — it's a void. So do you fill it or do you just adjust? He definitely adjusted versus trying to find something else to fill it, and that's something I appreciated. … That's how we're so close today.

Matt Damon describes 'fairy tale' lockdown life in Ireland

LONDON (AP)— Matt Damon has described living in Ireland during the country's coronavirus lockdown as like being in a "fairy tale" during a surprise radio interview.

Damon

The Hollywood star and his family were in Dublin, where he had been filming Ridley Scott's "The Last Duel," before travel restrictions were imposed worldwide. The family has been staying in the affluent Dalkey suburb, where celebrities including Bono have homes, since filming was shut down.

Local residents have spotted the actor out and about, and local radio station SPIN 1038 tried for weeks to track him down and get him to come on air.

In an interview Wednesday, Damon also revealed that his eldest daughter Alexia was diagnosed with COVID-19 while at college in New York, but she "got through it fine."

"Obviously what's going on in the world is horrible, but I'm with my whole family, I've got my kids," he told SPIN 1038.

"Even in the lockdown, they're like, 'you got to stay within two kilometres of your house.' Two kilometres here, there's trees and forests and woods and ocean and I can't think of any place you'd rather want to be in a two-kilometre radius of," he said. "It feels a bit, you know, like a fairy tale here."

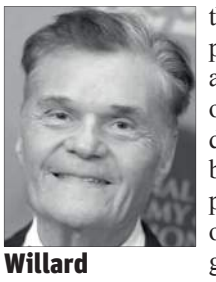
Damon also praised Irish Prime Minister Leo Varadkar, who is a qualified medical doctor, for working at hospitals one day a week.

Fred Willard, the comedic improv-style actor, has died at 86

LOS ANGELES (AP)—Fred Willard, the comedic actor whose improv style kept him relevant for more than 50 years in films like "This Is Spinal Tap," "Best In Show" and "Anchorman," has died. He was 86.

Willard's daughter, Hope Mulbarger, said in a statement Saturday that her father died peacefully Friday night. The cause of his death has not been released.

"He kept moving, working and making us happy until the very end," Mulbarger said. "We loved him so very much! We will miss him forever."


Willard

Willard was rarely a leading man or even a major supporting character. He specialized in small, scene-stealing appearances.

As an arrogantly clueless sports announcer on "Best In Show," his character seemed to clearly know nothing about the dogs he's supposed to talk about and asks his partner on-air: "How much do you think I can bench?" He also played the character of Frank Dunphy, the goofy father of Phil in the ABC series "Modern Family."

Willard was a four-time Emmy nominee for his roles in "What's Hot, What's Not," "Everybody Loves Raymond," "Modern Family" and "The Bold and the Beautiful."

In Pixar's 2008 hit "WALL-E," he voiced the character of Shelby Forthright, the CEO of a ubiquitous big-box chain called Buy'n'Large.

"How lucky that we all got to enjoy Fred Willard's gifts," said actress Jamie Lee Curtis on Twitter. She was married to Christopher Guest who directed the mockumentary films, "Best in Show" and "Waiting for Guffman."

Parents struggle to do what's best for tormented daughter

DEAR ABBY: My 53-year-old daughter is an addict. First it was alcohol, then hard drugs and opioids. This has been going off and on for 40 years.

She hit bottom recently. She became homeless and ended up in a women's shelter in another state. She says she's been clean about six months. The shelter helped her find a place to live, and she draws a disability check, so she has everything she needs.

She constantly contacts me and her father saying she wants to come home. We have helped her to the point of mental, physical and financial exhaustion, and we just can't go there again. It's the most difficult thing we've ever gone through. We know we shouldn't continue to enable her, but if we don't, we feel like terrible parents. Any advice would be much appreciated.

TERRIBLE PARENTS IN INDIANA

DEAR PARENTS: You already know what will happen if you cave in to your daughter's begging to "come home." From now on, when she asks, remind her that she already IS home, in the place the people from the shelter helped her to find. Her troubles have nothing to do with you. They are the result of the life she created for herself. You already know that enabling her hasn't worked. The time has come for you and your husband to take better care of yourselves.

DEAR ABBY: My ex-wife and I separated after 56 years of marriage. I recently found out she had been raped. Twice. The first was somebody I worked around at the air base. The second was by her father to "teach her a lesson" for getting raped the first time.

When I asked her about it, she said it was none of my business because it happened before we met, but I think she should have told me. I worked around the first guy. Who knows what he told the other airmen behind my back? I also asked very personal questions of her dad, which I now regret. My question is, was she right or should she have told me?

UPSET PERSON IN THE EAST

DEAR UPSET PERSON: I doubt that the person who worked with you on the air base would have spent much time bragging about having raped, so please, stop obsessing about what the person might have said. That your wife was raped later by her own father must have been devastating. Both of the animals who abused her belonged in jail.

That said, although your wife probably should have told you what happened to her, she was NOT OBLIGATED to do so. Your marriage is over. Let it go!

DEAR ABBY: With the stay-at-home order still in place in many states, take-out or delivery is the only option for nights when we don't want to cook. How much should we be tipping the people who deliver our food? With sites like Grubhub, which offer free delivery, do these drivers/deliverers get paid? I feel bad for someone coming to my house and leaving a bag of food on my doorstep, and I want to make sure they are compensated. How much would be a reasonable tip?

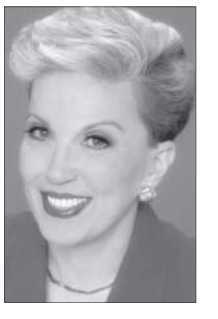
LIKES MY DELIVERY

DEAR LIKES: The Grubhub website recommends a $5 or 20% tip—whichever is greater. When you tip, the money goes straight to the delivery drivers, as it should. Some orders may include an ADDITIONAL delivery fee, but it is not a tip, and drivers don't receive that money, so make sure not to deduct it from the amount you tip.

To order "How to Write Letters for All Occasions," send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby – Letter Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price.

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

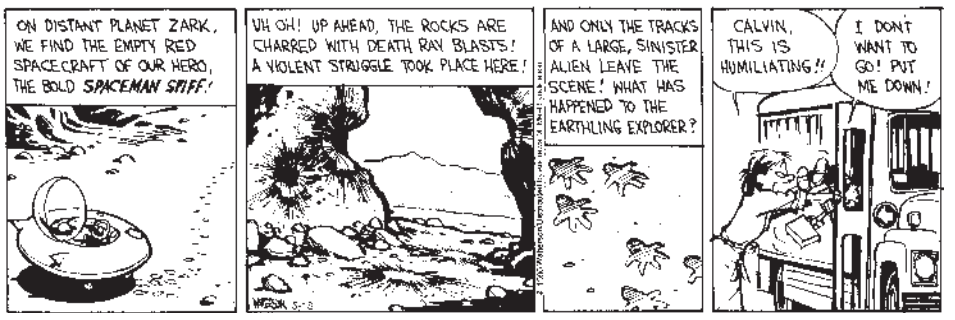


Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Pastimes

Calvin and Hobbes

By Bill Waterson

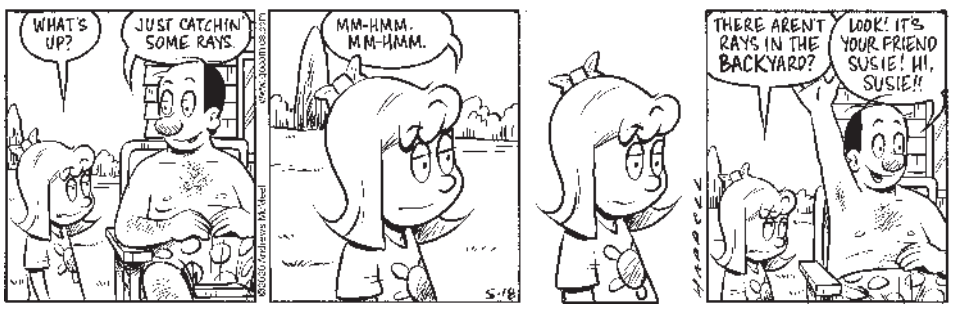

ON DISTANT PLANET ZARK, WE FIND THE EMPTY RED SPACECRAFT OF OUR HERO, THE BOLD SPACEMAN SPIFF!
UH OH! UP AHEAD, THE ROCKS ARE CHARRED WITH DEATH RAY BLASTS! A VIOLENT STRUGGLE TOOK PLACE HERE!
AND ONLY THE TRACKS OF A LARGE, SINISTER ALIEN LEAVE THE SCENE! WHAT HAS HAPPENED TO THE EARTHLING EXPLORER?
CALVIN, THIS IS HUMILIATING!!
I DON'T WANT TO GO! PUT ME DOWN!

Garfield®

By Jim Davis

Adam@home

By Bryan Basset



The Duplex

By Glenn McCoy

BARK!! ROWF BARK YAP YAP
GRRR... BARK BARK ROWF ROWF YAP! YAP!
THAT'S THE PICKUP LINE I WOULD USE ON THAT POODLE, IF I WERE YOU.
I'LL KEEP THAT IN MIND IF I WANT TO GET SLAPPED.

CROSSWORD

By Eugene Sheffer

ACROSS

1 Cover of gloom
5 Atlas page
8 Austen heroine
12 Power co. supply
13 Turkish title
14 Bargain
15 Impetuous
16 Deborah of "Inside Edition"
18 Tacit
20 Stovetop whistler
21 Apple desktop computer
23 Slugger Williams
24 1979 Sally Field film
28 Dresses in
31 Motorist's org.
32 Attack, puppy-style
34 Stir-fry pan
35 Chicago paper, briefly
37 D-Day site
39 Arrest
41 "Lion King" villain
42 Familiar adage
45 Consecrate with oil
49 — Spy (apple)
51 Manual reader
52 Skin soother
53 Fluffy scarf
54 Infamous emperor
55 Siestas
56 NBC show
57 Challenge

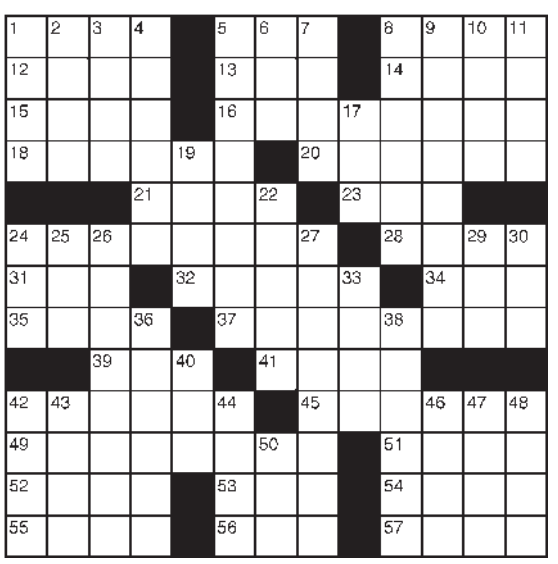
DOWN

1 Lima's land
2 Actor Rickman
3 Minus
4 Tevye's toast
5 Variety of orange
6 Previously
7 Picnic spot
8 Redacted
9 Rapid decline
10 Teen hangout
11 Sheltered
17 Dog doc
19 One-named supermodel
22 Mob bosses
24 Rebel Turner
25 Crew tool
26 Shower unit
27 Auditory passage
29 Auction signal
30 Firmament
33 IRS agent
36 Butters up?
38 In the area
40 "Humbug!"
42 — incline (tilted)
43 "Damn Yankees" vamp
44 Spiders' snares
46 "Understood"
47 Soft ball?
48 Helen's home
50 Director Howard

Solution time: 26 mins.

C	A	L		Y	I	P	S		A	I	L	S
A	V	G		U	N	L	M		D	R	I	P
M	O	B	S	C	E	N	E		L	A	Z	Y
E	N	T		C	E		A	N	I			
			L	A	D		R	O	B	R	O	Y
S	A	M	O	S		B	E	T		A	G	E
U	F	O	S		O	L	D		A	N	E	W
B	R	A		A	P	T		C	U	K	E	S
J	O	B	H	O	P		C	O	D			
			E	L	O		A	R	I	S	T	A
S	T	Y	X		S	O	B	S	T	O	R	Y
A	R	I	A		E	D	I	E		M	A	E
P	E	N	D		D	E	N	T		E	M	S

Last Friday's Answer 05/18



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Tina Fey, 50; George Strait, 68; Reggie Jackson, 74; Robert Morse, 89.

Happy Birthday: Showing uncertainty and questioning what's next will encourage you to make adjustments that will lead to better opportunities. Picking up the tools and the information you require to use your skills to fit the changing economy and lifestyle will make you a leader in your community. Don't fear change; embrace it. Make it work to your advantage. Your numbers are 3, 12, 21, 29, 34, 37, 43.

ARIES *(March 21-April 19):* Take a leap of faith, make adjustments on the fly, pitch what you want to do and be explicit in the way you see things unfolding. Don't hold back when you have so much to gain if you are outspoken. ✪✪✪

TAURUS *(April 20-May 20):* Networking on social media will result in a long-term connection. How you present what you have to offer will be taken seriously. It will be considered by someone who can provide advice as well as give you the push you need to excel. ✪✪✪

GEMINI *(May 21-June 20):* Procrastinating will not help you get ahead. Let experience be your teacher and charm be your means of getting your way. Assess your lifestyle, and consider making your health, fitness and friendships priorities. Discipline will be required to reach your goal. ✪✪✪✪

CANCER *(June 21-July 22):* Handle sensitive issues quickly and efficiently. Don't let uncertainty lead to more significant problems. Take a closer look at a unique way to use your skills to get ahead. A more aggressive approach to helping others is encouraged. ✪✪

LEO *(July 23-Aug. 22):* Communication can clear up matters of concern. Pick up the phone or set up a conference call to voice your opinion. The longer you let someone have the spotlight, the harder it will be to convince others to see things your way. ✪✪✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Consider the possibilities and how best to use your time and energy to reach your goal. Refuse to let someone interfere in your business. A lack of trust is apparent. Don't share information with anyone you think might have ulterior motives. ✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Listen and learn. Dig deep, do your research and pursue a goal that will encourage growth, knowledge and a more efficient way of doing things. Let someone know how much you care. Romance is on the rise. ✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Don't trust an unfamiliar situation or individual. Judge others by their actions and your response by the level of anxiety you feel. Follow your instincts, and pace your progress to fit your schedule. Home improvements are favored. ✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Stick to what and who you know best. Refuse to let an outsider disrupt your life. A positive change at home will bring you closer to someone you love. Share your feelings and intentions, and adjust. ✪✪✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* An emotional situation can demobilize your plans. Do your best to see all sides of an issue and to make the necessary modifications to ensure that everyone is happy. Creative accounting will help to protect your assets and secure your financial position. ✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Do your own thing. Don't worry about what others do; as long as you reach your goal, you've done your part. Someone will take advantage of you if you are too accommodating. An adjustment at home will improve your living space. ✪✪✪✪

PISCES *(Feb. 19-March 20):* Consider what you like or want to do, and update your resume or pick up skills that will allow you to head in a direction more suitable. Job and financial security are within reach. Don't be afraid to take a chance. ✪✪✪

Birthday Baby: You are ambitious, outgoing and helpful. You are persuasive and unpredictable.

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SUDOKU

Conceptis Sudoku *By Dave Green*

	2	4	5	8		1	3	
8					7			5
	6			3			2	
	3							4
9		7		6		2		1
1							5	
	1			9			4	
2			4					6
	7	6		5	3	8	9	

Difficulty Level ★ 5/18

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

6	1	7	8	9	2	5	3	4
4	8	5	6	1	3	7	9	2
3	2	9	4	7	5	6	8	1
8	7	6	1	2	9	4	5	3
9	3	1	7	5	4	2	6	8
5	4	2	3	6	8	1	7	9
7	9	8	2	4	6	3	1	5
2	6	3	5	8	1	9	4	7
1	5	4	9	3	7	8	2	6

Difficulty Level ★★★★

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WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

THANKS A LOT Solution: 13 letters

L	U	F	T	C	E	P	S	E	R	E	N	N	I	D
W	E	R	U	T	S	E	G	L	O	R	Y	O	T	O
I	D	R	A	W	E	R	P	R	I	Z	E	N	T	J
S	H	U	K	R	A	N	L	O	V	E	E	S	G	E
H	M	E	K	C	A	T	A	K	K	M	I	R	F	H
E	S	M	I	L	E	S	Q	R	G	R	A	F	V	E
T	H	A	N	K	S	C	U	D	A	Z	O	A	T	V
A	S	G	R	A	Z	I	E	H	Z	R	L	N	H	E
I	R	E	T	T	E	L	F	I	T	A	A	C	O	R
C	A	R	E	H	W	E	I	M	X	S	N	B	U	Y
E	D	E	T	O	K	E	N	T	A	E	R	G	G	D
R	R	A	N	N	C	H	E	E	R	H	I	U	H	A
P	A	K	A	O	C	R	E	F	F	O	A	X	T	Y
P	C	D	G	R	A	T	I	T	U	D	E	L	O	U
A	R	I	G	A	T	O	D	A	G	I	R	B	O	P

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Acknowledgment, Appreciate, Arigato, Asante, Card, Care, Cheer, Danke, Dinner, Do Jeh, Effort, Efharisto, Everyday, French, Gesture, Glory, Gracias, Gratitude, Grazie, Grazzi, Great, Honor, Hvala, Letter, Love, Mahalo, Note, Obrigado, Offer, Plaque, Prize, Respectful, Reward, Shukran, Smiles, Tack, Takk, Thanks, Thought, Token, Wish, Xie Xie

Last Friday's Answer: Unpredictable

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

LeBron, Curry will have to pay NBA back

CALIFORNIA—The NBA will begin withholding salary from player paychecks on Friday as part of the agreed upon paychecks between the NBA and the NBA Players Association. Players will experienced a 25 percent pay cut in compliance with the collective bargaining agreement's "force majeure" clause.

The cuts apply to every player, but six of the game's 10 highest earners have already been paid and will not see cuts immediately due to the COVID-19 crisis.

LeBron James, Stephen Curry, John Wall, Blake Griffin, Kevin Durant and Paul George have all already been paid in full, per ESPN.

They will therefore not see a pay cut, but will have to pay back that reduction when they get their advances for the 2020-21 season, per the report. That will be on Oct. 1. They could also pay it back with a reduction on their Nov. 15 paychecks that start the scheduled season.

Curry makes approximately $40.2 million per season, most in the league, and will have to pay back $420,000 per paycheck each time there is a scheduled 25 percent reduction. James, who makes approximately $37.4 million per year, will have a pay-back of $370,000 per paycheck. He ranks seventh in player salaries.

The two sides agreed to a 25 percent pay cut after negotiations. The Athletic reported the NBA wanted players to take a 50 percent pay cut.

If the remainder of the regular season is canceled and teams jump into the playoffs, ESPN reported players will likely have a 40 percent pay reduction.

If the entire season is canceled players could lose a total of $1 billion in combined salary.

Paychecks for 100 of the 434 players experienced drops of at least $100,000. In early April, Portland Trail Blazers guard CJ McCollum voiced concerne for some players he said were living paycheck-to-paycheck.

Teams are free to spend the money how they want, per ESPN, but those contacted by the site had no immediate plans to spend it.

They can use it if cash flow is low, but they'll have to pay it back to players if the league picks up in the schedule where it left it on March 11. It could be June 15 before there is any clarity on the season.

Meanwhile, the Los Angeles Lakers will open their practice facility on Saturday after getting clearance from city and county health officials.

The Los Angeles Times reported Tuesday that the county was "with all certainty" expected to extend its stay-at-home order through at least July. The Lakers had reportedly been in talks with the city mayor's office about reopening the facility.

The Lakers facility will not be open every day of the week. The NBA imposed strict regulations for those that do open their facilities in line with local government restrictions and policy.

No more than four players would be permitted at a facility at any one time; no head or assistant coaches could participate; group activity remains prohibited, including practices or scrimmages; and players remain prohibited from using non-team facilities such as public health clubs, fitness centers, or gyms.

AP

In this March 8, 2020 file photo, Los Angeles Lakers forward LeBron James, left, shoots as Los Angeles guard Paul George defends during the first half of an NBA game in California.

In other news, the NBA Players Association has temporarily suspended its search for a successor to executive director Michele Roberts until there is more certainty on the future of the NBA season.

With the union in good hands, Roberts, who has two years remaining on her contract, will continue to lead the NBPA through the coronavirus crisis, which caused the NBA to suspend the season on March 11. Critical decisions and negotiations lie ahead that could drastically affect the players' earnings in the next CBA in the wake of the pandemic.

Roberts has the players' unwavering support, sources said.

The union had spent the last few weeks interviewing candidates, with Detroit Pistons assistant GM Pat Garrity among those who were interviewed for the position, sources said.

The executive committee had hired an executive search firm and began accepting nominations and applications, casting a wide net from candidates with diverse backgrounds and experiences who led other organizations. ***(AP/NBC)***

Ehlo, Russell playing a role in 'The Last Dance'

CHCAGO (AP)—Craig Ehlo still believes he played great defense.

Bryon Russell has long insisted that he got shoved.

Doesn't matter if they're right or not. They each shared an ultimate moment with Michael Jordan, and Jordan came out on top each time. They'll be on highlight reels forever and "The Last Dance"—the ESPN and Netflix 10-part documentary series about Jordan's Chicago Bulls that ends on Sunday—only freshened the familiarity fans have with two of the most-replayed shots in NBA history.

"After seeing it so many times on commercials and always being talked about, I've figured that I'll just face this," Ehlo said. "There was nothing more I could do."

Ehlo was guarding Jordan for the final shot of the 1989 Eastern Conference series between Cleveland and Chicago—"The Shot," it still is known by in those cities. Russell was guarding Jordan for what became his final shot in a Bulls uniform, the one that gave Chicago the 1998 NBA title over the Utah Jazz. Jordan knocked down the dagger shots in both instances, dragging an unwitting Ehlo and Russell into spots in history that they'd likely not own.

The situations are incredibly similar: Jordan and the Bulls down by exactly one point in the final seconds of a playoff game, a jumper from just beyond the foul line to decide the outcomes. Ehlo and Russell even wore the same number—3—for those pivotal moments. Jordan made 14,380 field goals in his NBA career, and those two shots over Ehlo and Russell are certainly among the most-replayed of them all.

"Both of us were in that same situation," Ehlo said. "I assume that he probably gets tired of hearing, like I did, that Michael does it to everybody. In his defense, everybody said Michael pushed off. Me, I didn't have that. He just hung in the air a lot longer than me."

Russell declined to be interviewed for this story. He has previously said Jordan pushed him on the play that gave Chicago the lead in the final seconds of Game 6 of the NBA finals, a sequence where Jordan cuts to his right and appears to put his left hand on Russell as the Jazz defender begins to stumble out of position. Jordan got a wide-open jumper, swished it and the Bulls won their sixth and final title.

"I'm pretty sure I played better defense than anyone who played defense against him," Russell said in 2009.

There is no consensus about that play. Some, like Golden State's Stephen Curry, have said Jordan pushed off. Jordan, of course, feels otherwise. And in 2017, Utah Supreme Court Chief Justice Matthew Durrant officially ruled a foul took place.

"He pushed off," Durrant said. "And if you think I don't have the power to decide that, you haven't read the Utah Constitution."

Controversy about that shot has existed for 22 years.

When it comes to the shot Ehlo defended, controversy started only recently.

Part of an early episode in "The Last Dance" surrounded who should have guarded Jordan on the final shot of Game 5 of that best-of-five series in 1989. Ron Harper, who played for the Cavs at the time and eventually became a Jordan teammate in Chicago, said he asked to guard Jordan for the final play.

Ehlo doesn't recall Harper saying that. Other members of the Cavs, including Larry Nance, have also said they have no such memory either. Harper guarded Jordan plenty in that game, without a ton of success. And it should be noted that Ehlo had some strong defensive moments against Jordan that day, forcing him into an airball early in the fourth quarter and drawing raves from television announcers Dick Stockton and Hubie Brown throughout the contest.

Ehlo was having a grilled cheese sandwich when his moment in "The Last Dance" came on. When he heard Harper speak, he dropped the sandwich in a bit of disbelief.

"It almost made me giggle," Ehlo said. "I was on the floor with him a lot and he'd say, `Hey, take Michael, let me rest.' It wasn't even a coaching thing."

Ehlo got a hand near Jordan on the shot attempt, but Jordan double-clutched and kept flying to his left, out of Ehlo's reach. The shot went in, Jordan punched the air and Ehlo fell to the floor in disbelief.

Ehlo said he got over The Shot quickly; after the play, his father called him to tell him how fun it was to watch the final moments, and that he was proud of him. It was hardly the toughest moment of Ehlo's life; years later, he battled addiction to painkillers after a back surgery in 2010, checked into a rehab center in 2013 and went through some very public embarrassment.

He's good now, a radio analyst for Washington State basketball and a new grandfather.

"I've always had unbelievable support from my family," Ehlo said. "And they made sure nothing kept me down."

MLB projects $640K per game loss with no fans

NEW YORK (AP)—Major League Baseball told players their prorated salaries would contribute to an average loss of $640,000 for each game over an 82-game season in empty ballparks, according to a presentation from the commissioner's office to the union that was obtained by The Associated Press.

Painting a picture of a $10 billion industry shuttered by the contagion, the 12-page document titled "Economics of Playing Without Fans in Attendance" and dated May 12 was an initial step in negotiations aimed at starting the delayed season around the Fourth of July.

Teams say the proposed method of salvaging a season delayed by the coronavirus pandemic would still cause a $4 billion loss and would give major league players 89% of revenue.

They contend they lose more money with each additional game played. The players' union, however, believes clubs would lose less money with more games. In addition, many teams and/or their owners have stakes in their regional sports network that would benefit from additional games.

Owners voted Monday to propose salaries be based on a 50-50 split of revenue, a framework players say is tantamount to the kind of salary cap they will never accept. Teams gave the players' association their virus-testing plan Friday and have waited to make their economic proposal.

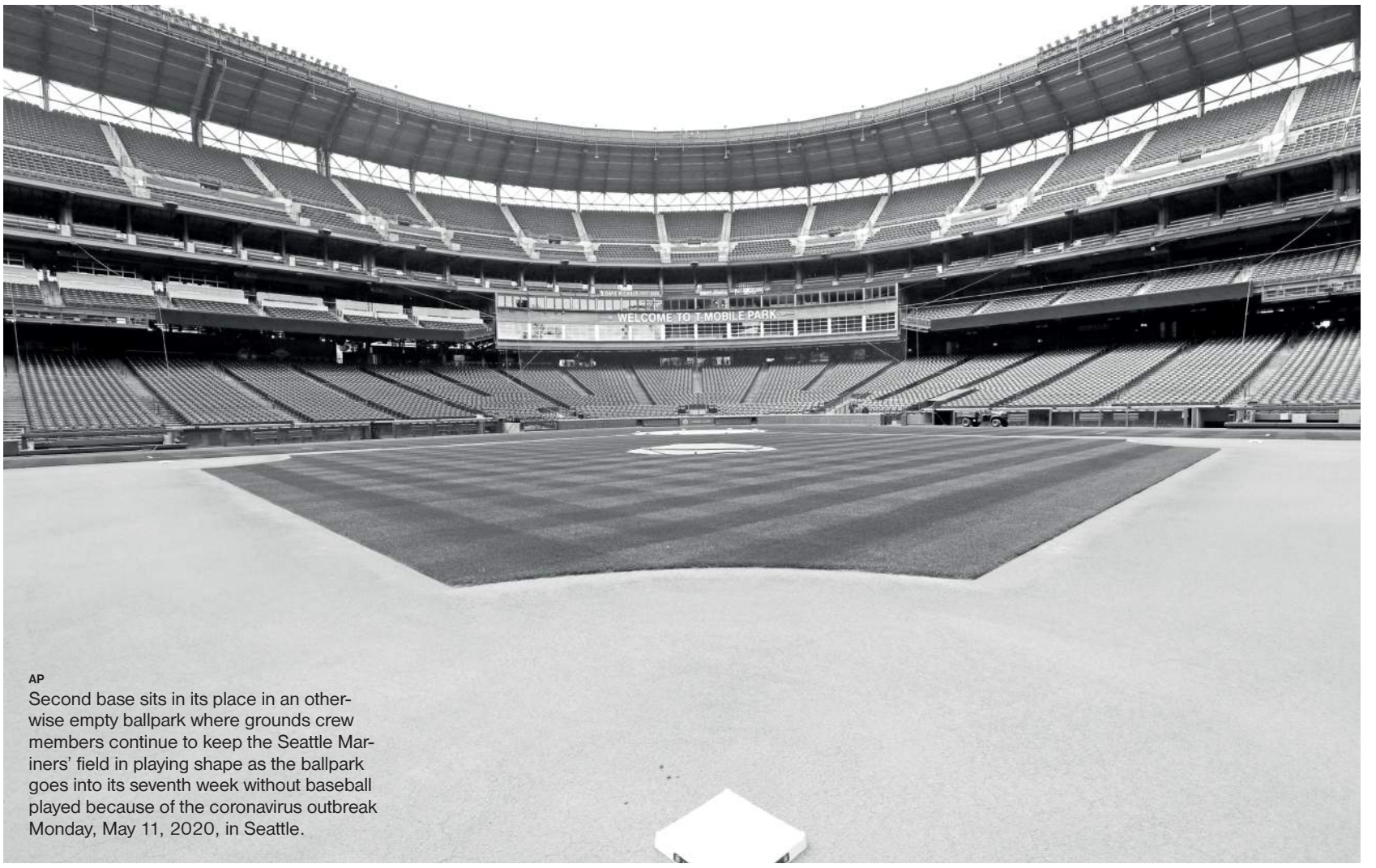
The New York Yankees alone would have $312 million in local losses when calculating their earnings before interest, taxes, depreciation and amortization. New York's figure includes about $100 million toward the bonds that financed new Yankee Stadium, money that already has been paid for 2020.

The Los Angeles Dodgers were at $232 million in local losses, followed by the New York Mets at $214 million, Chicago Cubs at $199 million and Boston Red Sox at $188 million.

Detroit would have the lowest negative EBIDTA—an accounting measure used to assess profitability—at $84 million, with Baltimore at $90 million, and Pittsburgh and Tampa Bay at $91 million each. Figures exclude distributions from the central office, which projects to collect $1.34 billion in media revenue.

The figures were calculated by MLB and its clubs, and the frequently skeptical union already has requested a slew of documents from MLB.

MLB said 2019 revenue was 39% local gate and other in-park sources, followed by 25% central revenue, 22% local media, 11% sponsorship and 4% other.



AP
Second base sits in its place in an otherwise empty ballpark where grounds crew members continue to keep the Seattle Mariners' field in playing shape as the ballpark goes into its seventh week without baseball played because of the coronavirus outbreak Monday, May 11, 2020, in Seattle.

Teams fears a second wave of the coronavirus would devastate finances if renewed government restrictions cause cancellation of the postseason, which brings in $787 million in media money. The document details who pays what: $370 million by Fox, $310 million by Turner, $27 million by ESPN, $30 million by the MLB Network and $50 million from international and other.

Teams project to increase their debt from $5.2 billion last year to $7.3 billion in 2020, leaving most clubs out of compliance with the labor contract's debt service rule. MLB's central office increased debt by $550 million to support clubs and is seeking $650 million more credit. MLB said many teams do not have the capacity to add more debt to fund losses in 2021.

MLB and the union agreed to a March 26 deal in which players would get a prorated share of their salaries during a shortened season. As part of the agreement, $170 million in salaries are being advanced through May 24. If the season is scrapped, players are guaranteed service time equal to what they accrued in 2019, a key to gaining eligibility for salary arbitration and free agency.

Now that plans have been formulated to possibly start the season in early July in disinfected stadiums with no gate revenue, at least at the start, MLB says the current economics are not feasible. Players have said they already made a deal and see no need for change.

But that deal is contingent on playing in front of fans at regular-season ballparks. The agreement committed both sides to "discuss in good faith the economic feasibility of playing games in the absence of spectators or at appropriate neutral sites."

Players traditionally have questioned team accounting on what counts as a baseball revenue or expense. Cincinnati pitcher Trevor Bauer speculated this week over whether an owner could increase prices of a parking garage near the ballpark the owner also controls and generate money that would not be included in the club accounts.

Since the start of revenue sharing 25 years ago, MLB repeatedly has said team accounting is monitored and follows strict rules.

Still, for all the questions, the presentation does detail the pandemic's financial destruction.

Revenue from regional sports networks drops in proportion to the lost games, from $2.3 billion to $1.2 billion and an average of $980,000 per game for both teams, according to the projection. Teams fear some additional losses because the regional networks will have to give up games to Fox and ESPN to fulfill national contracts. MLB said rights holders have already reserved rights to stop payments or demand refunds if agreed to inventory is not delivered.

Player salaries under the March 26 deal average $1.67 million per game for both clubs. MLB projects overall local revenue at $1.23 million a game for both teams and cost at $1.87 million.

MLB headed into the season projecting $9.967 billion in revenue, including $7.548 billion at the local level, according to the presentation.

Expenses totaled $10.234 billion: $4.366 billion for major league player compensation, $198 million for pensions and benefits, $537 million to sign amateurs, $4.73 billion in local expenses and $403 million for the central office.

That left MLB with a projected EBIDTA of $143 million after stadium depreciation and noncash add backs. Free cash flow was predicted at negative $95 million after interest expenses, mandatory principal payments and non-baseball income and losses, but excluding capital improvements. MLB says EBIDTA has been within $250 million of break-even annually since 2010.

Under the newly developed plan, MLB projects revenue at $2.87 billion, including $1.522 billion at the local level.

Expenses drop to $6.819 billion: $2.36 billion for major league player compensation, including salaries, prorated shares of signing bonuses, termination pay and buyouts of declined options.

Pension and benefits stay the same, and money to sign amateurs decreases to $440 million as part of changes that cut the amateur draft from 40 rounds to five, caps the bonuses of undrafted players at $20,000 and allows most of the money to be deferred through July 2022.. Local expenses drop to $3.46 billion and central office expenses to $360 million.

That leaves a $3.58 billion EBIDTA loss and negative $4.016 billion in free cash flow. If fans could be in ballparks, MLB projects a $1.626 billion EBIDTA loss and negative $2.076 billion in free cash flow.

MLB anticipates $1.788 billion central office revenue for an 82-game schedule with empty ballparks and a $1.345 billion net after expenses for MLB Advanced Media and Major League Baseball Properties.

Revenue includes $155 million from sponsors (excluding the MLB Network); $112 million from consumer products, $93 million from digital such as MLB.tv and At Bat and $89 million in non-media revenue.

Djokovic confident in breaking Grand Slam record

PARIS (AP)—Novak Djokovic said he is confident he will end his career as the greatest Grand Slam title winner of all time and break the record for weeks in the world No. 1 spot.

The Serb has 17 majors, three back from the record of Roger Federer's 20 and two behind the 19 of Rafael Nadal.

Before the coronavirus brought the 2020 season to a halt, Djokovic had captured an eighth Australian Open and was on an 18-0 winning streak for the year.

"I think that I still have things to do in this sport. I believe that I can win the most Slams and break the record for most weeks at No. 1. Those are definitely my clear goals," Djokovic said.

Djokovic has been on top of the rankings for a combined total of 282 weeks. Federer leads the way on 310 with the long-retired Pete Sampras on 286. However, time is comfortably on the side of Djokovic who will celebrate his 33rd birthday on May 22. Federer will be 39 in August while Nadal turns 34 in June.

Djokovic even sees himself still playing at 40.

"I don't believe in limits. I definitely want to go for a long time," he said. "But I'm aware that the amount of tournaments I'm playing is going to decrease very soon. I will not be able to play at this intensity, with this many tournaments and this much travelling, for a long time."

"I might be playing at 40, but then there will probably be a focus on the biggest tournaments and the tournaments that mean the most to me," Djokovic added.

‘Ghost games’ begin; unusual soccer reboot

DORTMUND, Germany (AP) — German soccer is normally a riot of color and noise. No longer.

The Bundesliga season resumed Saturday with what German fans call “ghost games,” played without spectators, and in Dortmund it was hard to tell that the city’s beloved team was playing at all.

Instead of thousands of fans chatting and drinking beer outside the stadium, there were only a few locals out for a weekend bike ride as Borussia Dortmund hosted Schalke in a usually fierce local rivalry.

On the field, there were fireworks as Erling Haaland scored in a 4-0 win after two months of no games. Outside the stadium there was near silence. Passersby occasionally asked whether a game was actually going on.

Police relaxed as it became clear that fans wouldn’t gather outside—a concern for authorities ahead of the game—and potentially spread the virus.

AP

Dortmund players celebrate at the end of the German Bundesliga soccer match between Borussia Dortmund and Schalke 04 in Dortmund, Germany, Saturday, May 16, 2020.

“It is really very calm in the city and regarding the virus dangers I can only praise the Dortmunders and the fans,” police spokesman Oliver Peiler said.

The song “You’ll Never Walk Alone,” a favorite of Dortmund fans as well as Liverpool supporters, echoed around the stadium ahead of kickoff. It was so quiet that the starting whistle could be heard outside—unthinkable at a regular game.

The arena has an 81,000 capacity but league rules permit just 213 people, including players, to be inside for the game, none of them supporters. Players tried to keep contact to a minimum, even during celebrations and the traditional salute to the— now empty—stands at the final whistle.

In the city center ahead of the match, longtime Dortmund fan Marco Perz sat outside the German Football Museum in a jacket patched with club emblems. He said he hasn’t missed a home game since the 1990s.

“I’d normally be on the South Stand right now, in the yellow wall,” he said, referring to the vast terrace which underpins Dortmund’s reputation for passionate support. Now Perz is planning to watch the game with a friend over food and a beer. “The main thing is to see the game,” he added.

On the next street, face masks were on sale in Dortmund’s yellow and black, with the stallholder saying they were the most popular on offer.

Local authorities had pleaded with fans not to mass outside the stadium.

“Anyone who stands in front of the stadium because they want to follow the game has got it wrong,” Dortmund mayor Ullrich Sierau said Wednesday. “It’s an appeal to the good sense of all fans, and I’m sure that the fans of both Schalke 04 and Borussia Dortmund are sensible people.”

Dortmund fan Nicole Bartelt said she would stay away from the stadium — which she called “the temple—in the hope of showing fans could be trusted to return sooner rather than later for games.

If fans gather, “we’ll end up waiting even longer to be back,” she said.

Police were spread along the road by the stadium in vans, on motorbikes and horseback. There have been clashes between fans at Dortmund-Schalke games before, but the police had little to do except remind TV crews to stand further away from each other as they filmed team buses arriving. One bus driver blasted out a Dortmund club song as he drove away.

Dortmund’s last game was in an empty stadium too, but with big crowds outside.

Thousands of Paris Saint-Germain supporters gathered outside the Parc des Princes as their team beat Dortmund in the Champions League on March 11.

TALE

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ficult, yet momentous times of the group.

The team had Jeff “Ziggy” Korytoski as its first coach and Gries-Maxberry remembered his grueling workout/practice sessions as they prepare for the first-ever Marianas Cup in 2007.

“The nightly runs at the American Memorial Park or the early morning uphill runs were so tough that one day I asked myself why I am doing this,” she added.

Coleman added that Korytoski’s method was made more challenging by that fact that majority of the members of the team were not that young and fit and they were pressured to achieve a certain fitness level at a short period of time.

“But Ziggy’s workouts really taught us to be more disciplined, how to take care of ourselves (avoid injury and observe proper nutrition), and manage our time well,” said Coleman, as she and her teammates had to juggle their time going to work, attending practices, having scrimmage, and doing personal or household chores.

For Davis, Korytoski got into her head, as it was him who encouraged her to dig deep and turned a bunch of recreational players into fierce competitors.

“His drills pushed as so hard that there were times some of the girls were almost crying because they don’t know if they can still make it to the practice the next day. However, coach Ziggy made me realized there’s something in me, that I don’t easily give up,” Davis said.

Korytoski, a former a scout for U.S. Soccer and the Seattle Sounders and is the current head coach of the ASC San Diego, had a brief stay with the NMI WNT, paving the way for former Japanese pro player Sugao Kambe to the take the cudgels for the squad.

“Coach Kambe also pushed us hard, but in a caring and gentle manner. His ways and demeanor of training us was something I don’t consider as punitive,” Hill said.

Davis recalled how encouraging and positive Kambe was when they played a Japan Women’s Football League team in a scrimmage in Japan as they were getting ready for the second Marianas Cup.

“With just about four seconds into the game, there was this player who blew past me and scored and coach Kambe was like, ‘it’s OK, go back to play,” Davis said.

Kambe also coached the NMI WNT during the East Asian Football Federation Women’s Football Championship 2010 Semifinals Competition in Taiwan in 2009 and witnessed history unfold, as the Commonwealth scored its first goal (Carrie Schuler) in an international match.

“We’re happy we’re able to give him that because I think after the tournament, he realized he’s done with us,” Coleman said.

Team leaders

Brenda Schultz was also a member of the first-ever NMI WNT and her teammates looked up to her. “When we were just starting, there were people criticizing us, the players’ abilities. But Brenda was there to keep the team’s morale high. She stuck with us and held the team together,” Coleman said.

Coleman also mentioned Gries-Maxberry’s influence on the team.

“She kept as calm on and off the field. You know the situation when everyone was having challenges during trainings and games, but Emily kept everything drama free,” Coleman added.

Gries-Maxberry returned the favor to Coleman, saying it was the latter who encouraged her to join the team and “do it for the children.”

“We started it and though we faced a lot of challenges, we’re very happy for what the program has become,” Gries-Maxberry.

Davis and Hill, on the other hand, picked their goalie Rebecca Newman-Schroeder for keeping the positive atmosphere on the team that started from scratch and struggled to get ready for battle against highly competitive teams.

“Becca would always have this bruises after each practice or every game for diving for those balls, as we used to train and play in potholes and wild grass at the Airport Field, but you won’t see her complaining. She would always smile and was our No. 1 cheerleader,” Davis said.

“Whether we’re behind by a big or small margin, she was always there helping us pick ourselves up. I would always remember her dance moves,” Hill said.

Hill, Davis, Gries-Maxberry, and Coleman believed they had solid teammates that may not be as technical and experienced as their opponents, but can be counted on as they did everything they can and worked together to start something that would benefit the younger generation of players in the CNMI.

CONTRIBUTED PHOTO

Natalie Hill, right, battles a Guam player for the ball during an East Asian Football Confederation tournament and in her last stint with the CNMI Women’s National Team in 2013.

Jeff “Ziggy” Korytoski was the first coach of the CNMI Women’s National Team. CONTRIBUTED PHOTO

LeBron, Curry will have to pay NBA back

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Tale of 2 coaches; Trusted players

By ROSELYN B. MONROYO
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REPORTER

Players of the first CNMI Women's National Team looked back at their coaches and teammates and recalled the impact they created on the squad on and off the field.

Patricia Coleman, Lindsay Davis, Natalie Hill, and Emily Gries-Maxberry graced the pilot episode of Footcast with Norman, a 10-part series hosted by MP United Football Club technical director Norman Del Rosario and features former members of the national teams and their struggles and triumphs as they help work toward the development of the sport in the Commonwealth. The four players, during the Saturday launch, mentioned their two coaches who had different approaches in guiding them and their teammates that held the squad together at the most dif-

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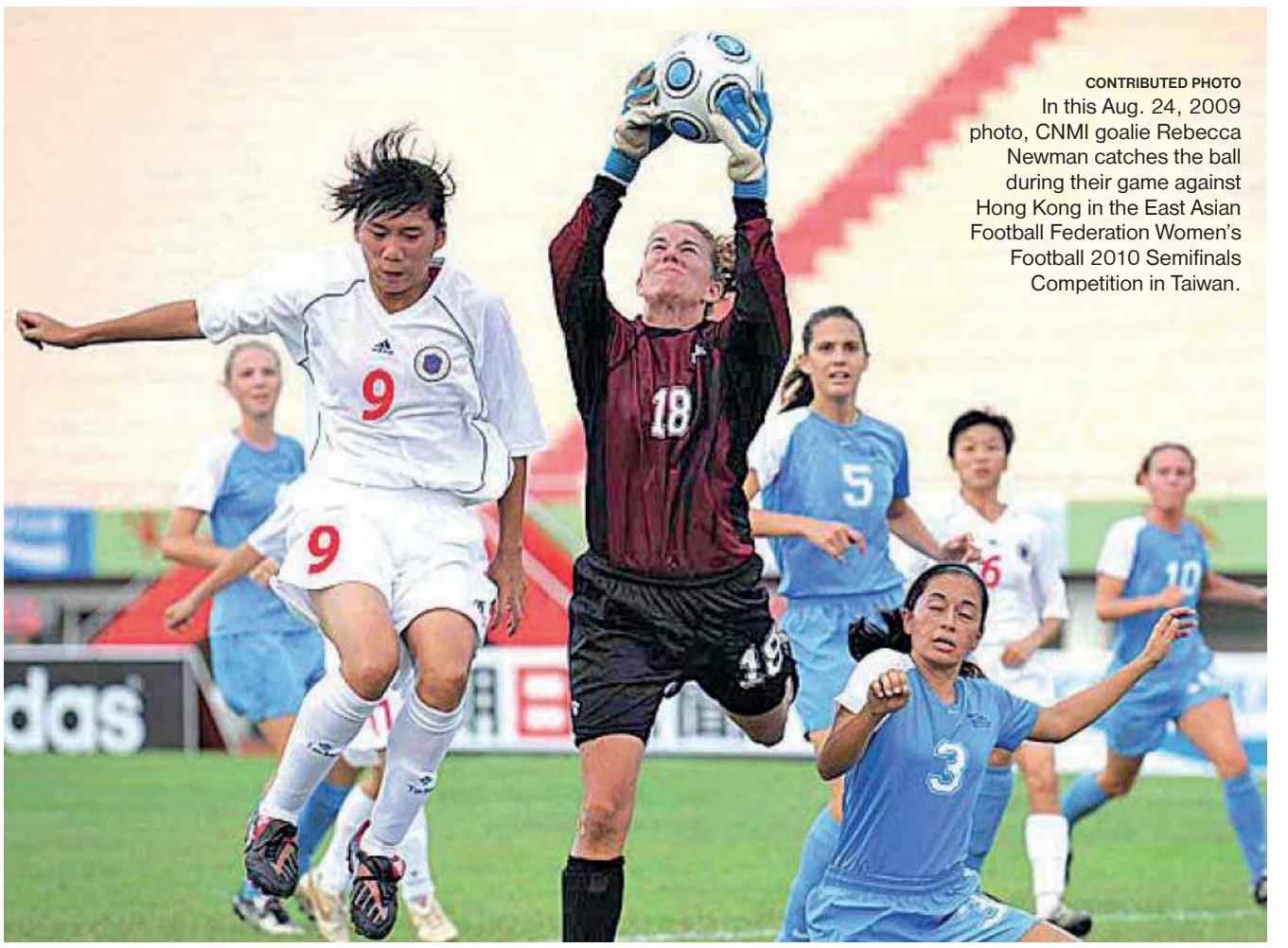

CONTRIBUTED PHOTO
In this Aug. 24, 2009 photo, CNMI goalie Rebecca Newman catches the ball during their game against Hong Kong in the East Asian Football Federation Women's Football 2010 Semifinals Competition in Taiwan.

CONTRIBUTED PHOTO
In this 2009 file photo, the CNMI's starting 11 pose for a photo before playing against Hong Kong.

CONTRIBUTED PHOTO
In this 2008 file photo, CNMI coach Sugao Kambe gives instruction to his players during a break in their game against Guam.

CONTRIBUTED PHOTO
In this 2008 file photo, the CNMI's Patricia Coleman takes a shot in front of a Guam defender during their game in the Marianas Cup.

Bogus nutritional claims and keeping the weight off

Ask DRE:

By DRE DELOS SANTOS
Special to the Saipan Tribune

Dre Delos Santos writes about fitness and nutrition for Saipan Tribune *and* TAGA Sports*. He is a personal trainer at Gold's Gym. He is featured on fitness sites such as Weight Watchers, T-Nation, and STACK.*

"I do not like to state an opinion on a matter unless I know the precise facts."
—Albert Einstein

We're seeing a lot of quackery on so many fronts amid this COVID-19 nightmare. Speaking authoritatively on a subject matter we fully don't understand, yet it is pretty ballsy if you ask me.

I consider myself to be exceptional in my practice. I've been doing this for seven years. But there's still a lot I don't know about. There are a number of claims that are still largely based on theory and anecdote. Therefore, you'll have to forgive me when I raise an eyebrow on assertions that have no shred of evidence.

On second thought, what do I know? Take someone else's word on YouTube.

Q: I don't know who or what to believe anymore. There's so much conflicting information.

A: Yes. Unfortunately, there is. Skipping breakfast, not eating past a certain time, the elimination of an entire food group, you'll find a study promoting any of these tactics. Adopting these overly rigid behaviors, in my opinion, is not exactly the thread you want to pull on as it typically leads to a binge eating relapse. I'm not saying they have zero utility, but I've said before the initial positive response doesn't mean that any of those tactics are the causative factor for it.

Remember: it's always been about moving more and controlling your intake because, fundamentally, that's what all diets prompt you to do.

Q: I came across this video on YouTube claiming calories in, calories out doesn't work. And, that most people end up gaining all their weight back. Why is that?

A: Look, diets work. How most people go about it doesn't. The main reason why a large percentage have difficulty keeping the weight off is simply because they stop moving. Their level of activity drops dramatically, and studies have shown one of the best ways to attenuate weight gain post-diet or post-challenge is to keep a reasonably high physical activity level. Taking a break from dieting is perfectly fine. You still got to keep one hand on the steering wheel, though.